



White water!

Children of deployed military members from McChord Air Force Base, Wash., enjoy white water rafting recently during Operation Purple Camp at the Navy's Jim Creek Wilderness near Arlington, Wash. The camp was directed by Con Fisher, the 62nd Services Squadron youth center director. See story, page 51. (U.S. Air Force photo/File)

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NEWS & VIEWS

Services and Air Force Transformation

By Lt. Col. Steven Whitney
HQ USAF/A1SR

Today's Air Force is not your father's Air Force, and tomorrow's Air Force will be even more different as we continue to transform to remain relevant for the future. Services is not immune to change and is adapting itself in parallel with Air Force transformation.

We live in turbulent times, faced with the challenges of Program Budget Decision 720 and our ongoing realignment into the Manpower and Personnel community. Long before either of these two initiatives came to light, Air Force Services recognized a need to change. In February 2006, Art Myers chartered a panel of 30 subject matter experts to get together and rethink Services' role in the Air Force; not just to reorganize our structure, but to ask the tough questions about why we do what we do and whether or not the things we do should be changed to help us keep up with Air Force transformation. These SMEs came from across the spectrum of Services' specialties and spent a week on Bolling Air Force Base, D.C., looking at our organization from top to bottom.

In the end, this Services Strategic Planning Panel categorized Services' roles in terms of core and enabling capabilities, and recommended a number of deliberate actions to begin a long-term strategic roadmap for the future. Initiatives included redefining Services' target customers; benchmarking with industry, other components and AAFES; consolidating like functions to reduce redundancy where possible; centralizing and enforcing rigorous corporate standards across all Services activities; dropping the "cookie cutter" approach to business; restructuring the organization; and selling and telling our corporate story.

The panel defined as "core" those capabilities that combine to realize what we take to the fight and where we deploy blue suit personnel. They recommended seven "core" capabilities: Feeding Operations; Mortuary Affairs; Hosting Official Functions; Keeping Airmen Fit to Fight; Airman Regeneration; Developing/Connecting Airmen to the Outside World; and Lodgment of Forces. The panel defined as "enabling" those capabilities

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NAF-T Report:

Phase 1 improving NAF business operations

By HQAFSVA/SVT Staff
San Antonio, Texas

In 2002, with nonappropriated fund accounting and payroll processes rapidly becoming unresponsive for the current business environment and the costs of processing those transactions reaching more than \$54 million annually, Air Force Services determined re-engineering NAF financial management was critical to its ability to provide combat support to commanders and service to the Air Force community.

Thus, Air Force Services initiated the NAF Transformation project to create a world-class business management enterprise for NAF activities, which generate \$1.2 billion in annual revenue and employ more than 30,000 NAF personnel.

NAF-T beginnings

As a result of a 2002 Business Process Re-engineering Study, which identified accounting and payroll procedures and software applications using industry best practices, Air Force Services committed in early fiscal 2003 to establish a Shared Service Center and to acquire a commercial off-the-shelf system to reduce costs and improve decision-making.

Phased initiative

NAF-T (a multi-year initiative) is designed to improve NAF financial management capabilities, leverage technology to eliminate non-value-added business processes and return savings to the Air Force for reinvestment.

NAF-T has four phases: 1) Financial transformation, 2) Point-of-sales modernization, 3) Supply chain management and 4) Customer relations management.

Financial transformation

In Phase 1, Air Force Services is centralizing its NAF payroll, financial accounting operations and time management functions as part of the DOD financial management modernization program.

Today, NAF-T Phase 1 is well on its way towards replacing the legacy COBOL-based accounting and payroll systems and taking advantage of industry best practices.

Over the past 30 months, Air Force Services has re-engineered NAF financial processes and configured a commercial off-the-shelf solution, acquired in May 2004, and formally established a SSC in July 2004.

The new Air Force Services Financial Management System, tested at Air Combat Command headquarters at

Langley Air Force Base, Va.; Davis-Monthan AFB, Ariz.; Minot AFB, N.D.; and Whiteman AFB, Mo., from March to May, saw its first deployment to these locations on June 1.

Deployments continued from August through November, with an additional 14 ACC bases going live on AFSFMS by Nov. 1.

Phase 1 benefit:

NAF-T Phase 1 is changing NAF business activities, upgrading technologies, and re-engineering processes for increased productivity and savings. Over the past three years, NAF-T Phase 1 has yielded substantial improvements in NAF business operations.

For example, centralizing the returned check program in the SSC reduced annual bank costs \$350,000 and increased the collection rate from 49.6 percent to more than 73 percent; returning these funds back to the bases. Centralizing Air Force Reserve Command NAF payroll in the SSC, in January 2005, realized more than \$100,000 in annual savings. Air Combat Command, as the lead MAJCOM for testing, realigned duties in their NAF accounting offices,

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Carpenters welcome at Randolph wood skills center

David Slaughter, head carpenter at the base wood skills center, measures lumber for a flag display box as he prepares to make the first cuts on a radial arm saw. (U.S. Air Force photo/Staff Sgt. Lindsey Maurice)

By Armando Perez
Randolph Air Force Base, Texas, Public Affairs

The 12th Services Division at Randolph Air Force Base, Texas, offers a variety of recreational activities that cater to all customers and guests. One of its many amenities, located on the south end of the base, is the wood skills center.

Do-it-yourself carpenters can bring their projects to the wood skills center and use a variety of equipment to help get the job done right, said David Slaughter, wood skills center lead carpenter.

"The center is a great place to work and learn," he said.

But before customers can use the center's equipment, they must attend a mandatory safety course that describes the various machines and how to use them properly.

"The course lasts about two hours and customers are given

handouts on all of the equipment," said Mr. Slaughter. "After reviewing the materials the staff then introduces each machine and gives the customers the opportunity to use the equipment while under close supervision to make sure they're using them safely."

At the end of the certification course, customers are given a card specifically for the Randolph Wood Skills Center.

Customers must be at least 16 years old to take the certification course. The course costs \$25 and is offered every Tuesday. Customers can also purchase items already made at the center, such as flag boxes, coin cases, plaques and shadow boxes.

"We have books and catalogs for customers looking to purchase a specific item too," said Mr. Slaughter. "Customers can also make requests for items to be built by the staff. Provided the customer has a general idea of what they want, we should be able to build it for them."

For items needing to be built or restored, the staff charges a flat fee of \$15 per hour, plus

materials. Should a job be too big for one carpenter to finish, a \$30 fee will be assessed to get the job done fast and efficiently with more than one carpenter.

Mr. Slaughter added that customers may also bring in furniture for restoration projects to either work on themselves or by staff members for the flat rate.

In addition to its services, the wood skills center also provides safety equipment for customers and some wood to help get projects started. However, the staff prefers customers bring their own wood for projects as the shop has a limited supply.

The staff also offers assistance on how to start a project, get the correct materials, figure out the cost and determine the amount of time a project will take. They also offer how-to books for certain projects customers wish to accomplish.

The wood skills center can accommodate up to 10 people at a time depending on how big or

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Wanted: carpenters *continued from page 4*

how small the project may be. The center charges customers \$2.50 per hour to use its equipment. Customers must also take all of their materials

home with them at closing time or they can leave materials and unfinished projects at the wood skills' storage facilities for \$35 a month.

Children's classes are also offered at the wood skills center the third Saturday of every month. The shop recently held a class for children to build a

rubber-band dragster from pre-cut wood kits.

A recent class taught children how to build an airplane push toy.

Services and Air Force Transformation

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that support "core" capabilities with the resources needed to succeed.

These five "enabling" capabilities are: Alternative Sourcing; Infant-to-Teenager Development; Adaptive Flexibility; Airman and Family Reunification; and Building a Sense of Community.

Since February, the panel worked numerous actions tied directly to these "core" and "enabling" capabilities. In September, Air Force Services hired a new Chief of Strategic Planning, Curt Cornelssen, to incorporate some of the panel's ideas and recommendations and develop a comprehensive, corporate plan.

Over the next few months, he will be working with Services senior leadership to establish a long-term vision and to identify initiatives that will ensure the relevance and viability of Services programs.

While Services continued its internal strategic planning efforts, PBD720 was implemented, resulting in more than 40,000 cuts in Air Force military manpower authorizations. Services reductions

included 1,005 enlisted (roughly 1 out of every 5 authorizations) and 118 officer cuts (roughly 1 out of every 4 authorizations).

To maintain sustainability in our military ranks and ensure viable career paths, Services deliberately decided to take the cuts in limited locations and keep blue suit military authorizations intact, but at a lesser number of bases, allowing for depth of expertise and deployment.

As part of this initiative, Services chose to keep military squadron commanders at 45 "go to war" bases with a full range of enlisted military in Services "go to war" functions, while military deputy division chiefs would remain at 6 "sustainment" bases.

Services cut all military authorizations at all other base-level locations. These cuts have been programmed by Air Force manpower personnel and are phased to happen between FY07 and FY09.

Services also continues to participate in meetings and working groups to determine how we'll best fit with our new

Manpower and Personnel community at all levels: installation, MAJCOM, Numbered Air Force-Component, and higher headquarters.

Following a June meeting with representatives from RAND Corporation and SMEs from Manpower, Personnel and Services, HQ USAF/A1 sponsored a series of focused meetings to identify areas of overlap and potential synergy between Services and our new family.

The recommendations from these meetings will feed into an organizational IPT occurring this month, which will in turn recommend how our new community should look in the future and how our missions will change, combine, or integrate as we grow together.

This is an exciting and turbulent time for Services. We must not only embrace the changes that lie ahead, but ensure we help chart the course so that we can continue to push towards the strategic improvements that will allow us to stay relevant, valuable and viable in tomorrow's Air Force.

14 chefs, 24 hours, three meals

Dining facility proves sheer excellence while all are sleeping

By Samantha Housman
McConnell Air Force Base, Kans., Public Affairs

While most are sleeping, Chisholm Trail dining facility workers at McConnell Air Force Base, Kans., are busy preparing food to satisfy their customers' tummy rumbles through the day. Midnight meals are first followed by breakfast, lunch, flight meal preparations and finally dinner. The unseen process to ensure complete customer satisfaction begins at midnight each night.

The first order of business is to pull the daily menu.

How do they know what to cook each day? Chefs follow the

Air Force production log. The log has a 14-day menu which rotates entrées, sides and even deserts for each meal, every day, for two weeks.

"In addition to rotating our foods for each mealtime, we switch the menus for lunch and dinner every two weeks," said Staff Sgt. Nichol Williams, 22nd Services Squadron NCO in charge of food operation. "so our customers aren't eating the same meal all the time."

Since dozens of companies provide food, the dining facility orders ingredients through a prime vendor. The prime vendor gathers the foods requested from the vendors to ship to the dining facility.

Upon arrival, food is marked with a tag showing when the item is needed. The food is arranged with the most present date at the front so the night crew can pull the proper food to begin preparations.

Once all items are ready, the chefs begin the steamy process of progressive cooking. This means that, unlike fast food places that make the full day's food in the morning, meals are prepared fresh throughout the day and stored hot until served. No one likes stale bread and cold soup.

A "first cook" for each shift plans the whole menu and ensures each meal is on time.

Since inventory is taken weekly to order food, the dining facility has a unique system which automatically deducts items from inventory with the push of a button.

When ringing up customers' meals, the cashier presses the corresponding button on the register, taking count of all ingredients used in each dish and how much of the ingredient was used.

Corporate Food Service, a computer recipe system, also makes the day run a little smoother. When preparing food, chefs type the recipe number into the computer, providing



Airman Erica Reyes (foreground), 22nd Services Squadron, first cook, boxes up flight meals while Airman Basic Benjamin Price (right), 22nd Services Squadron, chef, prepares sandwiches for the meals.

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the recipe with a list of ingredients in order of preparation.

They can also print off a nutrition list and a form, the Hazard Analysis Critical Control Point system, which shows, step-by-step, how to order, store, cook, serve and everything in between, for each recipe.

"This machine is like our bible. It tells us exactly what to do and when to do it," said Airman Joseph Fino, 22nd Services Squadron chef.

Airman Fino has aspired to open his own steak house since the age of eight when he saw a steak house in New Jersey with the modern and country look combined together. While working at a fast food restaurant, he decided he needed a change and joining the military would be the best path for him to take to reach his goal.

Sergeant Williams said that baking was seen as the most difficult cooking process for many chefs to master.

"It's really easy to put all the ingredients together but the tough part is cooking," said Airman Fino. "We begin cooking, then we have to walk away to start a new meal. We prepare several meals at once, while having pressure from customers and being called to help with other things."

Despite the pressure of cooking, these Airmen helped the dining facility win some major awards.



After a long morning of preparations and cooking, lunch is served. Hilda Castro, 22nd Services Squadron server, working the day shift, fills an Airman's bowl with some scrumptious foods. (U.S. Air Force photos /Master Sgt. Maurice Hessel)

Members of the Chisholm Trail dining facility won Airman of the Quarter for the Services Squadron several times.

Participation in the Best Wing challenge netted Sergeant Williams and three Airmen two first place medals.

Airman 1st Class Medel Ardiente was awarded the Travelers Trophy for being in the top 50 best Airmen of AMC. He was awarded the opportunity to travel to the Culinary Institute Association for a two-week course.

The facility also has a chef of the quarter award, where they honored an Airman for his or her excellence.

Training is one reason for their many awards. Since the dining facility serves anywhere between 350 and 500 Department of Defense members, from all military branches, daily, they follow the ServSafe guide. This gives them guidance on proper food handling.

The chefs have to be on their toes with food safety at all times.

While preparing meals, chefs must write down the temperature changes of the food. To avoid burning, steam and other food safety issues, they also have to be sure anyone around is aware when opening the oven.

Each step they take leads to the next: ordering to preparing to cooking to serving food and back around to ordering. This is the full cycle the dining facility workers go through many times daily.

"It's amazing how they go through a complete circle from how to order to how they use ingredients," said Sergeant Williams.

From the first pinch of salt to the final product, the extraordinary Chisholm Trail chefs guarantee fresh, filling meals to their customers each and every day.



By P.C. "Chevy" Chevallard

Log entry 5: 'Lost in space'

Editor's note: This is part 5 in a 6-part series of articles written by retired Lt. Col. P.C. "Chevy" Chevallard, former commander/conductor of The U.S. Air Force Academy Band. The colonel is a student pilot in pursuit of his private pilot's license through the Peterson Air Force Base, Colo., Aero Club.

I admit it. I'm a guy — and a grumpy 50-something guy, at that. I hate to ask for directions. And despite the indisputable advice about "lost navigation procedures" the Peterson Aero Club offered, I packed this timeworn guy attitude into my not-so-timeworn pilot's bag on the day I took my first solo cross country flight. Not long after takeoff, however, I was faced with a potentially life-threatening choice: I could risk landing my T41-Charlie high in the Rockies; I could keep it flying until I found that heavenly landing strip where God is my air traffic controller; or I could ask for help. Reluctantly — and thankfully — I chose the latter.

Clearly, I hesitated to ask because of my recently increased piloting abilities. Clearly, I'd learned about pilotage (navigating by looking out your airplane's big window), dead reckoning (navigating by watching your watch's big hand to verify you've reached your planned checkpoints on time), and VOR navigation (VOR stands for Very High Frequency Omni-Directional Range), or (navigating by centering that

white thingy on the VOR receiver as one flies toward a specific radio beam broadcasting from one's destination). Look out, Chuck Yeager. Look out, Captain Kirk. Look out, below. Clearly, I was on my way ... to Trinidad (Colo.)."

Legends, indeed. Danger, Will Robinson.

It was all going so swell, too. My takeoff from Colorado Springs was perfect. I masterfully handled the radio, followed each of the tower's directions, called Departure Control, called Pueblo Approach, and then cheerfully declined Pueblo's offer for Flight Following, a service by which Denver Air Traffic Control would track my entire flight on radar. I even accepted an air-to-air radio call from my instructor pilot, who checked in to see if I was okay while he ferried skydivers out of Canyon City's Fremont County Airport.

"All's well," I told him. "I'm a pilot!"

As I flew along, I said to myself, "There's Pike's Peak International Raceway. There's Pueblo Reservoir. There's I-25 snaking away to the west. And there's ... there's. Say, how

long's it been since my last checkpoint? Why doesn't that railroad track look like it does on my map? Where's that ranch that I picked as my next checkpoint? What are those power lines doing below my wing? Hey, where did they move Cucharas Reservoir? Cucharas is where I'm supposed to make that course correction to Trinidad. Hey! *!&%! Where am I?"

When you're flying, you can't just stop and ask for directions. A cold sweat formed on my brow. I had to get back on my flight path. I had to do something. Taking a deep breath, I swallowed my pride and executed the "Five C's" I'd been carefully taught: climb (to gain a better view of one's surroundings); communicate ("Pueblo Departure, Cessna 7874N, I'm unsure of my position." Pueblo immediately forwarded me to Denver Air Traffic Control for Flight Following); confess "(Denver Center, I'm a student pilot; first solo cross country; I'm lost"); comply ("Roger. Fly heading 170 to Trinidad and advise when I have Perry

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NAF-T: Phase 1 improving NAF business ops

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reducing overhead costs by more than \$805,000 between fiscal 2004 and fiscal 2005.

NAF-T Phase 1 is realizing an estimated \$12M per year savings from appropriated fund and NAF personnel reductions, which result from the realignment of workload from the bases to the SSC.

Value to SVS personnel

NAF-T Phase 1 assists commanders in responding to rapidly changing mission requirements by providing the ability to quickly assess their Services operations financial posture. It provides value to activity managers, the Flight Chiefs and Commanders through desktop access to near-real time NAF financial data.

Each step taken in Phase 1 emphasizes reducing data entry/errors (single entry or electronic interface), space (paperless archiving of financial and payroll data) and processing time to obtain financial reports.

In addition, re-engineering efforts are eliminating both duplicate data entry and non-value added processes to return man-hours to the bases and reduce overhead costs.

Phase I delivers, through AFSFMS deployment, near-real time financial information to all users at bases/MAJCOM's and AF levels, reduces the number of IT servers needed and enables Services field personnel to re-direct their time previously spent processing financial transactions towards more value-oriented services and programs to the base communities they serve.

Summary

NAF-T is an Air Force Services initiative affecting all aspects of NAF business activities. NAF-T establishes a culture of continuous improvement to achieve increased efficiencies that return resources to the bases.

Will Chevy ask for directions?

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Stokes Trinidad Airport in sight"); and conserve (I reduced my speed to conserve fuel for the 20 minute flight to Trinidad, even though I had more than four hours of fuel on board).

This was a moment of truth. On my very first solo cross country flight, on a beautiful, cloudless, Colorado morning, at less than one mile above the ground and less than 30 minutes south of my departure airport, with I-25 and the Rockies clearly off my right

wing and Trinidad's Fisher's Peak clearly, if distantly, visible to my southeast, I declared myself to be, well ... lost.

Was doing so embarrassing? Yes. Many "lost" pilots have never called for navigation assistance. Avoidable? Probably. I probably could have faked it and reached Trinidad. Doing so, however, might have caused further deviations from my filed flight plan, lengthened my flight, burned more fuel, and increased my level of

fatigue. Wise? Absolutely. By applying the terrific training the Peterson Aero Club gave me, I landed at Trinidad, I successfully flew the rest of my assigned cross-country route, I learned how flight following works, and I kept myself and others safe.

And maybe — just maybe — I learned a guy lesson my wife's been trying to teach me throughout our 33 years together: "Please, fella — just ask someone for directions!"

FROM THE FRONTLINES

386th ESVS puts 'Services' before self

By Staff Sgt. Ryan Hansen
386th AEW/PA

Being away from family and friends at a deployed location is hard enough, but imagine doing it without the 386th Expeditionary Services Squadron.

This group of more than 60 Airmen have arguably more effect on everyday deployed life than any other squadron on base. They give Airmen a place to sleep, feed, keep in shape and help recharge batteries to take care of the mission.

"Our mission is certainly multi-tiered," said Maj. Michael Marvich, 386th Expeditionary Services Squadron commander. "We see the true mission here that we train for in the states and we see an immediate return."

From sponsoring cultural trips into the city to bringing Tops In Blue to the base, the Services team is split into several sections to manage its wide ranging mission.

One of the first stops new Airmen make is at lodging. Services puts a roof over their heads, give them linens and a place to call their own.



Senior Airman Frederick Guild boxes up a flight meal.

"The lodging team has oversight on all issues relating to the bed down of troops here," said Master Sgt. Jeff Race, lodging operations superintendent. "We also bed down transient personnel, aircrews and distinguished visitors."

Providing three squares a day for the entire base falls upon the shoulders of the food service team. They are responsible for all menu options at the Desert Winds and Desert Breeze dining facilities.

"We are here as the quality assurance evaluator for the dining facility food contract," said Senior Master Sgt. Stanley Pamphile, 386th ESVS superintendent. "We police the food preparation and serving procedures to ensure compliance with the food code."

Another group of Services personnel provide Airmen all they need to stay fit to fight. This team manages all activities, intramural sports and other programs at the Rock Fitness Center and fitness center annex.

"It's critical to offer our deployed members an outlet to release stress and frustration that may develop from work and being away from home and loved ones," said Master Sgt. Ernest Ridings, fitness center superintendent. "The fitness center offers individuals with multiple outlets to accomplish just that."

Providing the base populace with a place to unwind, check personal email or catch up on events back home is the task of another group of Services specialists. They run the Flex Recreation Center, Mirage Morale Tent and Oasis.

"These facilities allow folks to relax and recharge the batteries," Major Marvich said. "We're trying to get them ready to go back out into the field and do their job."

Another facility the Services team runs is the learning resource center. Here Airmen can borrow books, read magazines, rent movies, study or

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386th ESVS keeps deployed troops happy

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schedule an appointment to take tests.

"There is a test control officer on board who offers (College Level Examination Program), (Career Development Course), Excelsior and (Defense Activity for Non- Traditional Education Support) testing," Sergeant Pamphille said. "In addition, our TCO convoys to Camp Bucca, Iraq, once a month to offer these testing opportunities to troops deployed out there."

Besides running those facilities, the 386th ESVS also take care of rationing water, they have administrative oversight and provide training for the honor guard, manage the pool, schedule events at the auditorium and amphitheater and sponsor morale events

like the bazaar, among other things.

"We also have our mortuary affairs mission," Major Marvich said. "It's something that is obviously very, very important."

The Services Squadron commander said that the sky is the limit.

"The key with recreation is creativity," he said. "There are no parameters to what we can do. It's just creativity that brings events and ideas out. Whatever we can do to get the camp populace out and get them regenerated."

And while this group is spread all over the base with a very diverse mission, there is one thing they're all trying to do.

"They love what they do and they love being here for the



Staff Sgt. Kent Kaisaki, a fitness center specialist with the 386th Expeditionary Services Squadron, spots someone in the weight room (U.S. Air Force photos/ Staff Sgt. Ryan Hansen)

base," Major Marvich said. "We've got some tremendous Airmen from many different bases and they have molded together in a tremendous way, they're energetic, they're outgoing and they want to do great things for everyone here."

25 children dance at cheerleader skill camp



Children from RAFs Mildenhall and Lakenheath practice their dance moves during the recent cheerleading camp at the youth center. The camp was open

to two age groups: 5 to 10, and 11 to 17. Cheerleading camp is held yearly, and the instructors from Spirit Camp teach cheerleading at U.S. Air Force bases around Europe and the U.S.A. About 25 children attended the junior camp. Left photo, Maddison Faulkner, 8, Joan Sturgis, 8 and Krista Steele, 9, all Team Mildenhall family members, concentrate on watching the instructors as they practice their cheerleading dance moves. Right photo, at the end of the camp, the children put on a performance for their families and friends to show off the moves they learned. (U.S. Air Force photos/Karen Abeyasekere)



Pride of Laughlin: XLers honor those who serve

Staff Sgt. Dianna Salazar, 47th Operations Support Squadron; Airman 1st Class Romeo Tcheutchua, 47th Civil Engineer Squadron; and Tech. Sgt. Anthony Williams, 47th Mission Support Group, fold the flag at Specialized Undergraduate Pilot Training class 06-06's graduation retreat ceremony at Laughlin Air Force Base, Texas. (U.S. Air Force photo/Master Sgt. Anthony Hill)



By Senior Airman Austin May
Laughlin Air Force Base, Texas, Public Affairs

Honoring those who serve.

That is the charge of the Air Force honor guard program. To fulfill this duty, 18 XLers volunteer to participate in a variety of local military and community activities ranging from retreat and retirement ceremonies to funerals, said Staff Sgt. Jennifer Nalls, 47th Contracting Squadron and Laughlin Honor Guard trainer.

Being a member of the honor guard is a challenging, but highly rewarding experience for those who can meet the challenge, Staff Sgt. Antonio Washington, Honor Guard trainer, said.

"It's not as strict as most people might think, but we're not open to just any Airman," he said.

To be a member of the honor guard, one has to be willing to go a step beyond the normal requirements of being an Airman, such as dress and

appearance and embodiment of the Air Force core values, Sergeant Washington said.

Being a part of the base honor guard is strictly on a volunteer basis but is a one-year commitment, Sergeant Nalls said. During that time, members can expect to participate in an average of two or three details each month.

Sergeant Nalls said she joined because she wanted to give something back to those who serve.

"Being a part of the honor guard makes me feel good," she said. "For me, it represents a commitment."

"I've had the opportunity to present flags to the next of kin at funerals, and it's really something to see the look on their faces. Afterward, they usually come up and say 'thank you,' and that feels good."

For Laughlin's newest honor guard member, Airman 1st Class Stetson Thomas, pride was the main reason he joined.

"I come from a military background. Pride, honor and

discipline are things that have always just stood out with me," he said. "There is an honor in being able to say that I am part of the honor guard."

"Training can be tough. At times it can be difficult to keep your bearing and discipline. If you have the mentality that you want to be very respectful and honorable, I would recommend joining. You want to be extremely sharp at all times."

Staff Sgt. Arturo Castro, 47th CONS, served on the honor guard at Holloman Air Force Base, N.M., before coming to Laughlin. He said the group here is much like the honor guard at his last base.

"Five years ago at Holloman, they didn't have all the tools necessary to practice. We didn't have an office, a casket to practice with or a pad to practice drill on," he said. "Here, it's a lot better."

Sergeant Castro said the honor guard still needs equipment for training, uniforms, incentives for its members, and above all, personnel.

Serving with honor

By Staff Sgt. Vann Miller
35th Fighter Wing Public Affairs

What will people find when they take a look at the Misawa Air Base, Japan, Honor Guard?

Confident, stoic and professional are just a few of the words used to describe the honor guard. If seen in a formation, their moves are well timed and deliberate.

Ask any member and they'll say it's only through training and dedication that they maintain their persona of being seen as the best.

"Being a part of the honor guard is a prestigious duty, and I take pride in being a part of it," said Senior Airman Zenetra Thigpen, former honor guardsman and previous Misawa Airman. "I enjoy the structure and discipline."

Honor guard members spend hours training and learning the proper moves and timing for all the drill performances and details they do. As the symbol of military excellence, they are versed in reveille, retreats and cordons, and flag folding.

"It takes a lot of dedication and time," said Staff Sgt. Jacqueline Dearing, former honor guardsman who had served since 2004. "Most individuals who see the honor

The Misawa Air Base, Japan, Honor Guard presents the colors. (U.S. Air Force photo/Staff Sgt. Vann Miller)

guard see us as the best the military has to offer. When we are performing, we are not just Airmen, we are a complete representation of the Air Force."

While each ceremony requires the same level of professionalism, there are some that stand out.

"Retirement ceremonies are the most important of all," said Airman Thigpen about the significance of the ceremonies. "We represent the Air Force as a whole. We show the appreciation and admiration to retiring Airmen for their dedication, sacrifice and time served protecting our country."

The honor guard keeps Air Force traditions alive, said Senior Airman Jason Dearing, a former honor guardsman. These customs and traditions help to present and maintain a disciplined Airman and professional image.

Though sharpening an individual's skills in drill is one reason to practice with the honor guard, it is not the most important reason to join, said one of their members.

"To be a part of something great is why I joined (the honor guard)," said Airman Dearing. "To give back to the military community for what it has done for me."

Airman Dearing said he read a quote from an Army sergeant in a local paper that gave him something to think about.

"If you were put on the stand in a court of law for serving your country, would there be enough evidence to convict you?"

Serving in the honor guard never gets old, said Airman Thigpen.

"The more I do the higher I hold my head," she added. "It gives me a true sense of pride when I put on that uniform."



Sidewalk art contest 'draws' attention

By Airman Emerald Ralston
Malmstrom Air Force Base, Mont., Public Affairs

The Malmstrom Air Force Base, Mont., Youth Programs Center was host of the annual Chalk It Up! competition recently, drawing 167 participants.

Artists of all ages and their parents lined the sidewalks for the art competition. They were given an hour to complete their artwork, then were treated to a free barbecue, and time on the jumping castle and an obstacle course inside.

"This event is great because it lets families spend time together and gives children a chance to express themselves," said Paul Means, youth programs director.

Judging took place during the barbecue. The sidewalk art was judged based on artistic impact, or the judges' first reaction, the picture's effectiveness and composition, use of color and new, unusual or inventive ideas.

Winners in the 5 and under category were Family Child Care Provider

Yasmine Gonzales, her children Sebastian and Lukas, and Krista Cahna.

The winners from ages 9 to 11 were Alex Grainger, Jolyn and Hannah Moncrief.

Kelsey Eckhardt and Franki Binstock won the 12 and up category, and the family award went to the Flanagan family — Carisa, Emily, Sara and Raegan.

In the individual competition, Kaylann Wright won for 5 and under; Melanie Ocasio won the 6- to 8-year-old category; Rachel Tyo won the 9 to 11 category; and Craig Barnes won the 12 and up category.

Group winners received a certificate of participation, and a coupon good for two large pizzas and two pitchers of soda.

Individual winners were awarded a certificate of participation, a coupon for one large pizza and a pitcher of soda.



Little Warrior Christian, 4, gets some help from his mom, Miki, at the Chalk It Up! sidewalk art event at the Malmstrom Air Force Base, Mont., Youth Programs Center. Nearly 170 "artists" participated in the annual competition and then enjoyed a free barbecue afterwards. (U.S. Air Force photos/Airman Emerald Ralston)

"This year's event was definitely the smoothest one I've been involved with and there was a much bigger turnout than previous years," said Christin Gamber, school-age program assistant. "Our sponsors did a great job and the kids loved it," she said.



Kathy Desy, family member programs flight chief, puts mustard on a Little Warrior's hamburger.

AF chess players compete in 17th NATO competition

By Margaret Barnett
Air Force Services Agency

Two Air Force members, Master Sgt. Dan Ranario, from Pope Air Force Base, N.C., and Staff Sgt. Robert Bucholtz from Schriever AFB, Colo., were part of the six member U.S. team that participated in the recent 17th NATO championship. This is the fourth time Sergeant Ranario has qualified for the NATO team. Sergeant Bucholtz qualified for the first time.

Other members of the team were Lt. Col. David Hater, U.S. Army; 1st Lt. Arthur Macaspac, U.S. Army; Master Gunnery Sgt. Dwayne Roberts, U.S. Marine Corps. and Petty Officer 1st Class Narciso Victoria, U.S. Navy.

The US team placed eighth with 15.5 points. All of the U.S. team members got at least three points out of a possible seven.

Along with the NATO championship, the 4th Howard Staunton Memorial Grandmaster tournament was held. This event provided a rare opportunity for our team to view the remarkable chess GMs. Each day after tournament play ended, a GM provided a commentary on the GM games.

The NATO team is selected from participants in the Inter service tournament. The



Master Sgt. Dan Ranario (U.S. Air Force photos/File)

player with the highest score for each service is selected and the next two players with the highest score make up the six-person NATO team.

Each service selects a six-person team to compete in the Inter service tournament. The Air Force team won first place with 26.5 points. The Air Force has placed first in the tournament since they re-entered the tournament in 2002 after more than a 10-year break. The Air Force team members were Col. Samuel Echaure, Holloman AFB, N.M.; Lt. Cols. Douglass Taffinder, Los Angeles AFB, Calif., and Michael Koteles, Davis-Monthan AFB, Ariz.; Sergeant Ranario; Tech. Sgt. Nathaniel Ola, Vandenburg AFB, Calif.; and Sergeant Bucholtz.



Staff Sgt. Robert Bucholtz

The Navy won second place with 20.5 points, the Marines third place with 18 points, and Army fourth place with 12 points.

The 2006 Inter service Chess tournament was hosted by the Navy in June at Naval Air Station Jacksonville, Fla.

The Air Force holds a tournament in May to select a team to participate in the Inter service tournament. The hosting of the Inter service tournament rotates between the services. The Navy hosted in 2006, the Army will host in 2007, and the Air Force will host in 2008.

The 18th NATO Chess Championship will be held in Antalya, Turkey, September 2007. The exact dates have not been confirmed.

Raptor Café: *Feeding the fight*

Senior Airman Ryan Hill, 1st Services Squadron, counts inventory before lunch. (U.S. Air Force photo/Airman 1st Class Vernon Young)



By Senior Airman Christian Michael
Langley Air Force Base, Va., Public
Affairs

Throughout the Air Force and its history, flight kitchens have been mere trailers, with a primary menu of snacks and burgers and no hope of hot meals. Today, a whole new kind of flight-line service has arisen, and its pilot embodiment is Langley's Raptor Café.

"This is a state-of-the-art facility of the likes I've never

seen," said Master Sgt. Dion Ishmael, Raptor Café facility manager. "I've gone throughout the Air Force, and there is nothing like this."

Finished in June 2004, the \$2.5 million, 5,680-square-foot facility was built near the Fighter Country Arch to replace its predecessor, a trailer known as "Mom's Kitchen."

"The (new) location is ideal for our maintainers and aviators to get a good, hot meal and get quickly back to work," said Sergeant Ishmael.

Before the flight line shut down, the Café served approximately 6,900 people for lunch each month. It delivered hot meals, including beef stew, fried chicken, catfish and some Raptor-specialty items, like

the Raptor Burger, the Clux Delux Chicken Sandwich and the all-new Herschel Walker Chicken Tenders. Currently, the Café serves about 2,681 people for lunch each month and serves no dinner.

"We went from about 700 people a day to about 120," said Senior Airman Ryan Hill. "That's a reduction in about \$3,000 a day in orders."

As the Café storeroom manager, Airman Hill must manage the Café stock, control order receipt and coordinate vendor purchases to keep the Café up and running on a daily basis. He also coordinates menus and specialty items.

"His job is the backbone of the food operation," said Sergeant Ishmael.

A management advantage, said Airman Hill, is the small environment the Raptor presents.

"It's easier for us to adjust to customer needs and wants," said Airman Hill. "You get to know your customer base here."



Senior Airman Jamie Graves, 1st Services Squadron, provides that special touch to food as he prepares lunch. (U.S. Air Force photo/Airman 1st Class Vernon Young)

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Eatin' good in the Langley neighborhood

continued from page 16



Above, Staff Sgt. Nate McClanahan, 71st Fighter Squadron tactical aircraft maintenance technician, purchases his lunch to go from the Raptor Café. (U.S. Air Force photo/Senior Airman Michelle Arslan)

Left, Airman 1st Class Dong Choi, 1st Services Squadron, provides covering for dishes prepared for lunch at the Raptor Café. (U.S. Air Force photo/Airman 1st Class Vernon Young)

As with all areas of 1st Services Squadron, the Café is determined to provide the customer with the best service possible.

"This is such an atmosphere of customer service," said Airman Hill. "We're determined to provide the same or higher (service) as any civilian restaurant."

Cleanliness is paramount at the Café.

"I've never seen a cleaner facility anywhere," said Sergeant Ishmael. "We are always ready for inspection."

"Everything is scrubbed three times a day," said Airman Hill. "It's spotless."

With their effort, the 1st SVS earned the 2006 Air Combat

Command Hennessy Award for the combined Eagle Dining Facility and Raptor Café program.

"The convenience for our customers to come, get away from the elements, and to choose from a daily variety of hot and nutritious food makes this a benchmark facility," said Sergeant Ishmael.

North Dakota State Fair

The Minot Air Force Base, N.D., Honor Guard marches during the North Dakota State Fair parade recently. The base had several entries in the parade and numerous volunteers helped at the events. (U.S. Air Force photo/Airman 1st Class Christopher Boitz)



It don't mean a thing if it ain't got that **SWING**

By Senior Airman Austin May
Laughlin Air Force Base, Texas, Public
Affairs

It started late in the 19th century in the South, gained notoriety in 1911 as the Texas Tommy, exploded during the 1920s and saw adaptations in style in the 1930s and 1940s. In the 1950s, it evolved and kept evolving well into the 1990s, when it half-heartedly tried to make a comeback but fell somewhat short.

Now, thanks to one lieutenant's desire to get people together and have fun, swing has swung its way onto Laughlin Air Force Base, Texas, at the Fiesta Center.

Second Lt. Becky Collette developed an interest in swing dancing in high school, where she and some friends took lessons once a week in downtown Chicago. She then joined the swing club at the Air Force Academy.

These days, Lieutenant Collette holds weekly swing dance lessons at the Fiesta Center.

"This isn't a difficult dance to learn," she said. "Once you

pick up the basics, it's very easy to get into the advanced stuff."

The lieutenant said she began the sessions not only as a way to get more people involved in the dance, but to meet new people and just have fun.

"Currently, the idea is just to get people out and learn," Lieutenant Collette said. "If enough people get involved, I'd like to put on a bigger event every once in a while. Something where people can get dressed up, come out and really cut loose."

The lessons have been well received by the people who have attended so far.

"I've been to almost every session since they began," said LouAnne Bruce, wife of Chief Master Sgt. Tim Bruce, 47th Flying Training Wing Command Chief. "It's really easy to just go in and dance with everybody."

Second Lieutenant Rob Sanders, who has been swing dancing since 1998, encouraged folks to get out and try swing for a number of reasons.

"It offers a good environment for a child that bolsters social



Capt. Dane Collette, 87th Flying Training Squadron, tosses his wife, 2nd Lt. Becky Collette, during a swing dance session. (U.S. Air Force photo/Senior Airman Austin May)

interaction and in which they learn how to dance," he said. "The music brings back memories for the grandparents, and gives young people important social skills that will come into play later in their life."

The lieutenant said swing dancing is a great "gateway dance," because it paves the way for many other popular dance styles.

"Swing dancing, being that it is relatively simple (four steps to six counts basic) is an opportunity for all, and opens up the doorway to endless possibilities," he said.

Lieutenant Collette said swing is a great dance for couples.

"This type of dancing is a lesson in leadership and trust," she said.

Vance Youth center has improved programs before, after school

By Kate Begiebing
71st Services

Back-to-school season can be stressful for parents who shuttle their children back and forth to school while trying to get to work on time. This year's before- and after-school programs at the Vance Air Force Base, Okla., Youth Center have more to offer than ever before.

The hours changed to better fit parent's needs. The before-school program runs from 6:45 to 8 a.m. Monday through Friday. After school care runs from 3 to 5:45 p.m.

On school holidays, the program opens at 6:45 a.m. and closes at 5:45 p.m. Youth attending Eisenhower Elementary School will have transportation provided to school from the youth center every morning.

This year, Enid Public Schools will provide transportation to the youth center after school. Youth attending Glenwood, Monroe, Hayes or Taft schools will be bussed to the youth center. Eisenhower students will still be transported by Vance.

"We are very pleased to see other schools getting involved in this program. It is a benefit to all who participate," said 1st Lt. Brittany Amezaga, 71st Services Squadron deputy.

Another exciting part to the program this year is the addi-

tion of kindergarteners. With Enid schools going to an all-day kindergarten program, 5-year-olds enrolled in school will be enrolled in the after-school program instead of the child development center.

Youths in kindergarten through sixth grade who are dependents of any active-duty military, Department of Defense civilian or contractor on base are eligible for the program.

The children are involved in life skills lessons, such as sewing, cooking, sports, fine arts and more. There are many

field trips to different places on base the children take and nutritious food is provided. The youth center has three classrooms and a gym. All staff are engaged and involved in comprehensive observation based training.

Registration prices, based on combined family income, are determined by the Air Force.

Along with the before- and after-school programs, drop-in care is also provided at the youth center with reservations made 24 hours in advance.



Ty Warren and Mikel Gamble work with a hot-air balloon held by counselor Jeff Holt during space week at the youth center. (U.S. Air Force photo/Kim Winfield)

Eating right at Randolph

12th Services Division caters to health-conscious consumers

By Armando Perez

Randolph Air Force Base, Texas, Public Affairs

Healthy eating has become a natural part of today's society and is especially important to many Air Force members who must remain fit to fight.

To help give the health-conscious members of Randolph options they can enjoy, the 12th Services Division's food establishments including the officers' club, enlisted club, bowling center and golf course, have implemented changes in how they prepare their food.

According to the U.S. Food and Drug Administration, Americans have consumed an average of four to five times as much saturated fat as trans fat in their diets. This trend of trans fat consumption can, however, provide a significant impact on the level of LDL (bad cholesterol) in a person's diet. When consumed over a period of time, both fats can raise cholesterol levels in the blood and contribute to heart disease, said USDA officials.

Based on this information, the bowling center, golf course, enlisted and officers' clubs only serve fried foods cooked in oil containing no trans fats.

"The menu items that we offer at the enlisted club and



**Officers' Club
MENU**
Homemade
soups
& salad
dressings
Salt-free items
Sugar-free
desserts
All fried items
are trans fat free

other services' facilities on base help promote a healthier lifestyle," said Marilyn Gove, Randolph Enlisted Club manager. "The new oil we use to cook the food in our menu caters to the overall demographic on our base who work in an environment where you must be fit."

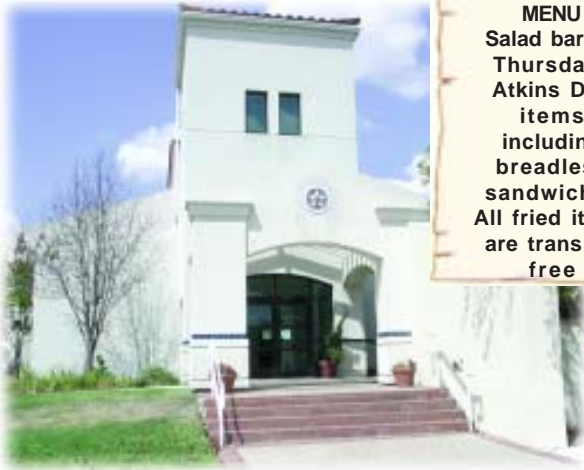
Each of the managers from these facilities felt the food prepared at their establishments must be done in a healthier way to promote the "fit to fight" motto of the Air Force.

"The Services Division here at Randolph prefers to lead in the promotion of healthy eating in our facilities rather than follow," said Mike Casey, 12th Services Division business flight chief. "We immediately

went to action for our customers and took the initiative to give them a healthy dining experience. We wanted to send a message that we not only serve our customers but look out for them as well."

The golf course and bowling center offer menu items similar to those found at an amusement park or sporting event, but cooked with healthier oil. Some of their menu items include hamburgers, french fries, chicken tenders, BLTs and pizza. They also offer non-fried menu items like soups and salads, which also contain no trans fats.

Continued on next page



**Enlisted Club
MENU**
Salad bar on
Thursdays
Atkins Diet
items
including
breadless
sandwiches
All fried items
are trans fat
free

Eating right at Randolph

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The menu items featured at the enlisted and officers' clubs vary from that of the bowling center and golf course. Both clubs feature more sit-down restaurant type items such as steaks, seafood, sandwiches and all-you-can eat buffets. The enlisted club also offers a salad buffet every Thursday, while the officers' club offers sugar-free deserts.

"We offer menu items that cater to the Atkins diet plan as well as sandwiches and soups as an alternative to the fried foods on our menu," said Ms. Gove.

In addition to cooking its fried foods in healthier oil, the officers' club also stopped adding salt when preparing its foods.

"The customers who eat at the officers' club are usually much older than those at the other base establishments and therefore have more health concerns that require things like unsalted foods and sugarless deserts," said Juan Conde, officer's club manager. "We try to accommodate their needs the best way we can."

Mr. Casey encourages Randolph Airmen, civilians and family members to consider the 12th Services Division eating establishments before heading off base for lunch next time.

"It could save your health and your wallet in gas money," he said.



**Bowling
Center
MENU**
Breakfast
items
Hot & Cold
Sandwiches
Salads
All fried items
are trans fat
free



**Golf Course
MENU**
Soups
Salads
Cold
Sandwiches
All fried items
are trans fat
free

Snapped around Services



To the nines

Airman 1st Class Brandon Newton fires an M-9 Beretta at a match at Victory Base Complex, Iraq, recently. Nine teams from Sather Air Base and Iraqi New Al Muthana AB competed, testing their endurance, skill and marksmanship. The four-person teams were made up of deployed Airmen from various career fields. Airman Newton is assigned to the 447th Expeditionary Group, and is deployed from the 96th Services Squadron at Eglin Air Force Base, Fla. (U.S. Air Force photo/Staff Sgt. Bryan Bouchard)

Race with the sox

Mel, the Services Moose, and Boomer the Dog, the Great Falls White Sox mascot, entertain the crowd. More than 4,400 military members and their families, most assigned to Malmstrom Air Force Base, Mont., attended the 8th annual Military Appreciation Night sponsored by 1st Liberty Federal Credit Union that provided free admittance tickets to all military ID card holders. (U.S. Air Force photo/Roger Dey)



Sunny and chair

Matt Turner with the 88th Services Division arranges chairs at show central. He and other members from Wright-Patterson Air Force Base, Ohio, were getting the stage ready for the Air Force Materiel Command Tattoo — "Freedom's Call" — behind the National Museum of the U.S. Air Force. The event was open to the public and featured aircraft fly-bys, music by the Air Force Band of Flight and a fireworks display. (U.S. Air Force photo/Spencer Lane)

Snapped around Services



Cheering for Lajes

Members of the Arizona Cardinals Cheerleaders cheer for Team Lajes outside the Top of the Rock Club during their recent visit to Lajes Field, Portugal. (U.S. Air Force photo/2nd Lt. Ivan Brown)

Enduring youth

Logan Franks accepts an award for reaching the Endurance Level, the fifth level of the Fit Factor Program. Son of Lt. Col. Chad Franks and Kim Franks, he is the first Kirtland Air Force Base, N.M., Youth Center participant to reach level five. (U.S. Air Force photo/Damian Bohannon)



Buffalo steaks

Billy Maes, F.E. Warren Air Force Base, Wyo., Trail's End Club chef, slices up buffalo meat at the annual Fort D.A. Russell Days buffalo roast recently. This celebration includes tours of historical homes, a barbecue, a "Buffalo Stampede," and other family events. (U.S. Air Force photo/Senior Airman Connor Elayan)

Idea turns into Ali base project

Airmen clean Ziggurat of UR

By Master Sgt. Ruby Zarzyczny
407th Air Expeditionary Group Public
Affairs

Three times a week the 407th Expeditionary Services Squadron offers a tour to the Ziggurat of UR located in the confines of Ali Base. The Ziggurat is a 4000 year-old structure that was built by the end of the Sumerian Dynasty in 2095 B.C. by the Sumerian King URNAMMO.

The city of UR, located near An Nasiriyah, Iraq is also known to be the birthplace of Abraham, and the cradle of civilization.

A few weeks ago, some Airmen from the 407th Air Expeditionary Group Force Protection Flight took a tour to the Ziggurat of UR. Senior Airman Kevin Fordham, force protection specialist was one of the Airmen on the tour. While there, he noticed a lot of trash and debris on the ground and in the surrounding area.

"The Ziggurat is a historical place for me, that is due respect. It bothered me to see the ancient sight in such a state," Airman Fordham said. "It was obvious the trash came from the base, and I felt we needed to do our part to clean it up."

When Airman Fordham returned to the base, he talked to his Chief about his idea to clean up the Ziggurat area.



These 60 Airmen from the 407th Air Expeditionary Group volunteered to pick up trash at the Ziggurat. (U.S. Air Force photo/Master Sgt. Ruby Zarzyczny)

"My Force Protection Airmen are always thinking of ways to build morale and make the team stronger," Chief Master Sgt. Gregory Robinson said. "With the hit and misses we've had lately, I thought this would be a great opportunity to demonstrate service before self and make the team stronger."

"We're going to come up with ideas to build a stronger team and maintain our diligence," he said. "It's important to keep that kind of thinking and communication throughout the base, especially now when we're at the half way point and thinking about going home."

Once Airman Fordham told his Chief about his idea, it expanded from there. Chief Robinson made a few phone calls and the Ziggurat clean up became a base project.

Staff Sgt. Michelle Messer, 407th ESVS organized the project by contacting all the professional organizations on the base. Within a week, she received more than 60 email requests from Airmen wanting to participate in the clean up project.

Sixty Airmen with individual body armor and helmet in hand showed up at 6:30 a.m.

"When I went to the Chief with the idea, I thought just myself and other Airmen from Force Protection who had the day off would go out and clean up," Airman Fordham said. "I was very impressed with the turn out."

Continued on next page



Senior Airman Kevin Fordham, 407th AEG Force Protection, picks up trash at the Ziggurat. His desire to do the "right thing" launched a base project to pick up trash at the Ziggurat of UR. (U.S. Air Force photo/Staff Sgt. Rasheen Douglas)



Airmen from the base walked throughout the Ziggurat and surrounding area picking up trash. (U.S. Air Force photo/Staff Sgt. Rasheen Douglas)

From 'A'irmen to 'Z'iggurat, 407th cleans up

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The Airmen pulled more than two heaping truck loads of trash from the area.

"It's the right thing to do," he said. "If you see trash on the ground and walk past it thinking, 'I should pick that up', then just stop and pick it up."

"I'm sure there will be trash there again, but maybe what we did today will help people pay a little more attention about how they dispose of their trash in the future," he added.

The clean up team's efforts did not go unrewarded. The team found an unexploded grenade and more than 20 M-6 igniters that are used to launch rocket propelled grenades, rockets, and mortars. Disposing of these ordinance and picking up trash will help make the Ziggurat a nicer and safer place for people who visit there.



Sixty Airmen from Ali base formed a team to clean up the Ziggurat of UR. The Airmen started from the parking lot and then made a clean sweep of the surrounding area. (U.S. Air Force photo/Master Sgt. Ruby Zarzyczny)

Reserves teams with 4-H, Boys, Girls Clubs

By Carolyn Stevens
Air Force Reserve Command

Balancing the competing demands of family life and the accomplishment of the Air Force mission is no easy task for the men and women of the Air Force Reserve.

Air Force Services Family Member Programs has met this challenge head-on with their partnership with two national youth development organizations, 4-H and the Boys and Girls Clubs of America. Both organizations are deeply rooted in the communities where Reservists live and both share a common goal of providing positive youth development programs to the young people they serve.

4-H Youth Development is the research-based, educational program of the Cooperative State Research, Education and Extension Service and the U.S. Department of Agriculture.

While each state has its own guidelines, a 4-H club is typically an organized group of boys and girls ages 5-18. Local 4-H Clubs offer a wide range of opportunities and experiences in leadership, critical thinking, character development, community service and life skills.

This framework, Head, Heart, Hands, Health, comprises the foundation for the 4-H partnership with Air Force Family Member Programs.

Youth may choose to participate in 4-H activities through their local county or through one of the 4-H Clubs established at many active duty installations.

In addition to programs and activities available during the school year, teens ages 13-18 may also participate in the Air Force 4-H Ultimate Outdoor and Fitness Adventure Camp held in Little Rock, Ark.

Two AFRC youth were selected to attend the 2006 leadership camp.

The partnership with Boys and Girls Clubs of America began more than 10 years ago. Today, some 400 Youth Centers located on military bases within the United States and abroad are affiliated with



4-H Extension staff from the University of Delaware teach Dover Air Force Base, Del., youth how to care for plants in the garden at the youth center. (U.S. Air Force photos/File)

Boys and Girls Clubs of America. Each Boys and Girls Club and Air Force Youth Center provide a variety of educational, recreational, cultural and social activities for youth.

Youth of Air Force reservists assigned to active duty installations may access these and other Air Force programs through the Youth Center. Information is available through the Services Squadron/Division at each active location.

Access to the same educational, recreational, cultural and social activities is available to youth of all Reservists through local Boys and Girls Clubs in cities and towns across the United States.



Youth traverse a high ropes course at the USAF/4-H Adventure camp. Air Force Services partners with the University of Arkansas to provide camp opportunities for youth.

Continued on next page

11 at AETC commercial sponsorship workshop

By John Franklin
AETC Commercial Sponsorship Program

Eleven of Air Education and Training Command's 13 bases were represented at the AETC Commercial Sponsorship Workshop held recently in Arlington, Texas.

The workshop is funded by HQ AETC Services and brought the command's "old" and "new" commercial sponsorship coordinators together for training and discussions of issues related to commercial sponsorship.

Workshop attendees received a presentation from Rita Blalack, Air Force Services Agency, on the Services Agency Information Systems' Commercial Sponsorship Management System.

The group also received a presentation from Greg

Davisson, AETC/A1S IT support office on the various on-line support available from a wide variety of military web sites and that AETC will pay for web space for their base's public domain web site.

The workshop wrapped up with presentations and discussions on the advertising sales program.

The workshop had a special field trip arranged by the Arlington Convention and Visitors Bureau to Ameriquest Field in Arlington.

The group was able to tour the field and was given a presentation that included information about sponsorship at the Texas Ranger's ballpark.

During the tour the group also received an unsolicited offer of sponsorship at all AETC bases.

All attendees received packages of support materials.



Ready to play ball with sponsors, the AETC Sponsorship team line up (from right): Ed McDaniel, Randolph AFB, Texas; Nicole Cote, Keesler AFB, Miss.; Susan Pummill, Tyndall AFB, Fla.; Anne Caruthers, Columbus AFB, Miss.; Erika Ochsner, Vance AFB, Okla.; Angela Harford, Altus AFB, Okla.; Jennifer Greenwood, Luke AFB, Ariz.; Lucy Garcia, Lackland AFB, Texas; Samantha Williams, Little Rock AFB, Ark.; Lisa Farrimond, Arlington Convention and Visitors Bureau; and Dennis Carroll, Laughlin AFB, Texas. Not shown, Janet Simonson, Sheppard AFB, Texas.

Triple play: Reserves, 4-H, Boys, Girls Clubs

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Through an Air Force initiative, AFRC family members can receive a free one-year membership through their local Boys and Girls Club. For more information about finding and joining a Club visit www.bgca.org. Membership forms are available at base Services squadrons or from the AFRC Family Member Program Specialists office at (478) 327-0971 or (478) 327-2090.



Charleston Air Force Base, S.C., youth mix up some fun with a 4-H cooking project from Clemson University.

Picnic with pizzazz

By Valerie Mullett

Malmstrom Air Force Base, Mont., Public Affairs

Where can you find free food, fun and excitement, listen to the sounds of DJ Mike Holtz and witness some of the keenest sports competition there is? At Malmstrom Air Force Base, Mont.

More than 2,800 Wing One members didn't have to look any farther than Sun Plaza Park on a recent Friday to be treated to all that, courtesy of the 341st Services Squadron. Each year, services hosts the base picnic and this year was no exception.

Prepared to feed an "Air Force," or at least Malmstrom's portion of it, chefs from the

Elkhorn diner cooked up 2,500 hamburgers; 1,100 hotdogs and 1,000 bratwursts.

Other members of the squadron manned the food service and drink lines where hundreds of pounds of salads, more than 50 gallons of lemonade and 138 cases of soda were distributed.

Other goodies included 3,000 individual bags of chips, 3,000 cookies and 2,000 ice cream cups.



Senior Airman Pete Spolarich, 12th Missile Squadron, gets Senior Airman Jesse Cook with a tomato pie during the 2nd Annual Air Force Ball Association Pie-in-the-Face fundraising event. (U.S. Air Force photo/Valerie Mullett)

cluded carnival games for the children like spin art, temporary tattoos, Jurassik Zoo, nerf ball toss and more. The fire department provided the water cannon for those who wanted to cool off and get wet.

The Air Force Ball Association sponsored its 2nd Annual Pie-in-the-Face fund-raising event, which was a huge success at its debut last year.

New this year were the dunk tank, the tomato toss, a 3-on-3 basketball tournament, a horseshoe challenge and a new and improved ATV-hold competition. Improvements to the ATV-hold competition turned the event into a full-blown Grizzly Challenge.

Several prizes were given away throughout the afternoon but the most sought after was one people have been competing for since June through the

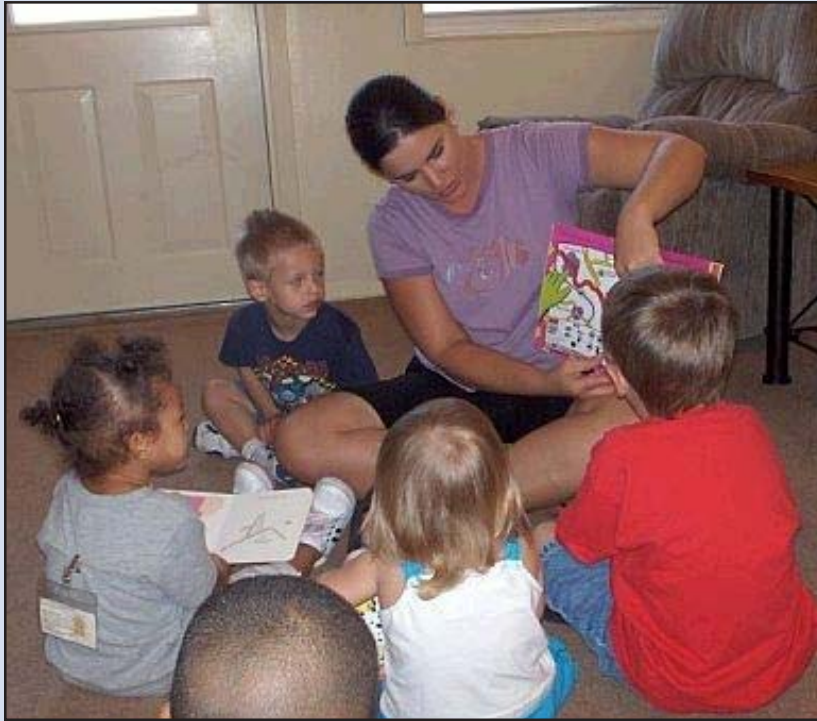
"It was an amazing turnout," said Sherm Jackson, 341st SVS deputy commander. "There were a lot more events this year and I think that was an added attraction. This is the biggest picnic we've sponsored so far."

Some of the returning events in-



Senior Airman Alicia Loesch, 341st Missile Security Forces Squadron, performs the tire flip during the Grizzly challenge. She was the only female participant. (U.S. Air Force photo/Airman Emerald Ralston)

Continued on next page



Eglin FCC provider earns national recognition

Eglin Air Force Base, Fla., Family Child Care provider, Barbie Hartwell, reads to children in her FCC program. Ms. Hartwell was recently recognized during the 2006 Scholastic Early Childhood Professional Awards. Ms. Hartwell received one of only 10 Honorable Mention designations for the 2006 Scholastic Early Childhood Professional Awards. These awards honor outstanding educators from across the nation, both civilian and military, for their exemplary leadership skills and commitment to the early childhood profession. (U.S. Air Force photo/File)

Malmstrom picnickers party with pizzazz

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Team Malmstrom members get into dancing to the Macarena. (U.S. Air Force photo/Airman Emerald Ralston)

“Crusin’ the Summer” campaign. That prize, a Polaris Scrambler 500-cc ATV, was given away through a random drawing by Wing Commander Col. Sandy Finan.

More than 1,100 qualified entries were placed into a tub and she pulled the winner’s name from among them. Master Sgt. Chris Alford, 341st Medical Operations Squadron, was that lucky winner. The picnic was a huge success for the services squadron and a day full of fun and comraderie for participants.

It doesn’t get any better than that.

Come and get it!

Sather Air Base opens mini-dining facility to help curb missed meals

Airman Cheyenne Kutak, 447th Air Expeditionary Group Post Office, unveils the sign bearing her name in honor of her willingness to stand up in a Rising Six meeting and inform Col. Gregory Marston, 447th AEG commander, that Airmen were missing meals.



Story and photos by Staff Sgt. Scott McNabb
447th Air Expeditionary Group

Col. Gregory Marston, 447th Air Expeditionary Group commander, saw every hand in the room stretch toward the ceiling. Each one counted as a missed meal within the previous two days.

The commander, shocked by the response, forgot to ask the next question.

"What really worried me was that all these Airmen raised their hands for one meal," he said. "Were they missing two meals? When I asked the question, I was kind of shocked at the results. Everyone I've told since then has had pretty much the same reaction. I knew we didn't have a very good system for getting food to people, and it became really

evident after I saw 100 percent of the Airmen raise their hands. So the problem was a lot worse than I originally thought."

It was Airman Cheyenne Kutak, a postal worker at Sather, who stood up and informed her commander Airmen were missing meals.

"The tent that we set up for just a couple months — we're calling it the Cheyenne's Grill — is named after the young Airman who had the courage to raise this issue at a Rising Six meeting," Colonel Marston explained. "That's how we found out that there was a problem here. One voice, one question, can change things."

Permanent change is on the horizon for those in need of sustenance, with a full dining facility already under construction. Colonel Marston said he's thrilled about the new facility

and expects it to be a place where Sather members meet other people.

"I'm really excited because we're fixing a big morale and health issue right from the get go," he said. "We can't do the mission unless we're feeding our people right, and we weren't doing that. It's been a little bit difficult to make it happen this fast, but it's also important that we set the date right in the beginning, and we haven't come off that."

Airman Kutak said although she was the one who identified the problem, the 447th Services Squadron played the biggest part in making the mini dining facility a reality.

"It was good work. This was a good idea. I just wish we had more time to do it and get it

Continued on next page

No more missed meals at Sather *continued from page 30*



Airman Allison Jernigan, 447th Expeditionary Civil Engineer Squadron, uses a grilling spatula to serve up vegetables after opening ceremonies at Cheyenne's Grill. The mini-dining facility is a temporary fix until the permanent one opens.

done right, but we were under a deadline and we made it happen," said Capt. Kevin Jernigan, 447th Expeditionary Services Squadron commander. "This is just the beginning. Hopefully, we'll have serving utensils tomorrow instead of the spatulas and plastic spoons that everyone had to use tonight. It's a work in progress."

Colonel Marston agreed.

"I think that it's the first of many things that we're going to do here during this (rotation) that's going to bring us together as a group and as a group of people, and a lot of people are going to get a good meal," he said. "This is going to really get people to do things together and see people from other shops and sit down next to them."

Tech. Sgt. Kevin Greensage, an 11-year food handling veteran tasked with the job of DFAC manager, will rely on his team to continue to improve Cheyenne's Grill.

"We spun it up pretty quick," he said. "We're just going to continue to try to add to it, take some of the customer comments and suggestions and try to key off of those until we move on to something a little more stable here. (We need to) improve a little bit until we get to the point that everybody's happy."

A dash here, a dash there



Sam Choy's Guam Executive Chef Peter Duenas adds pepper to a meal he's preparing at the Magellan Inn Dining Facility at Andersen Air Force Base, Guam. Chef Duenas and other cooks from Sam Choy's Guam cooked lunch for Team Andersen recently. (U.S. Air Force photo/Ralph Ridgeway)



Maj. Alex Gaines, 36th Services Squadron commander, serves a Sam Choy's Guam cooked lunch to Col. Joel Westa, 36th Wing vice commander, recently at the Magellan Inn Dining Facility at Andersen Air Force Base, Guam. (U.S. Air Force photo/Staff Sgt. Chris Powell)

NEWS & VIEWS PEOPLE

McConnell's Person of the Week

Tech. Sgt. Scot Steinaway

Dining Facility Manager, 22nd Services Squadron

From Grand Rapids, Mich., with 19 years in the Air Force and one year at McConnell Air Force Base, Kans., he enjoys spending time with his wife Nancy, his son, Steve, 19, and daughter Kalon, 14. He enjoys hanging out at home. He is responsible for managing the Chisholm Trail Dining Facility.

What do you enjoy most about McConnell AFB?

I enjoy all the great programs that Services has to offer.

Why is serving with the Air Force important to you?

I am a second-generation Air Force member and I can't think of a better, more fulfilling job than the Air Force. Everyday we are a part of the history that our peers and children will want to know and write about.

What would you like to accomplish during your career?

I have already accomplished it. I wanted to have a family and a successful career.

Who is the most positive influence in your life and why?

My mother raised four children after my father passed away in 1972. My work ethic can be directly attributed to my mom. She put herself through

college and put food on the table by cleaning houses before she received her degree. Nobody has influenced me more than my mom.

What would you like to tell someone who is considering joining the Air Force?

If you are looking for something easy, keep looking, but if you want a challenge, join. You may not make a lot of money, but you will get paid in ways you can't even describe to people that do not do what you do.



(U.S. Air Force photo/Master Sgt. Maurice Hessel)

FROM THE FRONTLINES

380th Sharp Troop of the Week

Name: **Senior Airman Sherelyn Deguzman**

Unit & duty position: 380th Expeditionary Services Squadron Recreation Specialist

Home station: MacDill Air Force Base, Fla.

Time in Service: 7 Years

Goals while deployed: Work towards my Community College of the Air Force degree; continue upgrade training and help others any way I can.

Supervisor comments: Airman Deguzman is very reliable and has the drive to enhance any operation. Here at the Community Activities Center, she is our customer service representative who also administers the various tournaments, ensures that the movies are shown on time at the theater and handles ap-

proximately \$1,000 a day in sales.

The CAC also encompasses the theater, pool, Cardio and Fitness Sprung with an average daily headcount of 2,200 customers in all areas combined.

When she is not busy working with customers, Airman Deguzman keeps the CAC in tip-top shape.

I am thankful to have someone like Airman Deguzman on my staff because she is eager to work, continually steps up and is ready to complete any task. Her dedication goes beyond her work here at the CAC.

She always volunteers for the Services Bar night, helps out with Bingo and assists in the fitness events.

Airman Deguzman is a key factor as to why Lt. Col. David Anderson, 380th ESVS commander, calls Services No. 1!

Master Sgt. Suzanne Roe, Superintendent of Recreation and Fitness.



Senior Airman Sherelyn Deguzman
(U.S. Air Force photo/File)

Nellis Warrior of the Week

Airman 1st Class Cecilia Lopez



Photo by Senior Airman Joshua Keen

Unit: 99th Services Squadron, Nellis Air Force Base, Nev.

Duty title: Lodging specialist

Time in Air Force: 1 year, 9 months

Time at Nellis: 5 months

Hometown: Las Vegas, Nev.

Hobbies: "Spending time with my daughter and dancing."

What's your favorite Air Force memory?

"Getting orders to Nellis and meeting the wonderful people I work with."

If you could improve one thing on Nellis:

"Enhance base-wide activities for families."

Supervisor's quote:

"Oftentimes we put a lot of emphasis on leadership and deserving so. However, followership is important too. Airman Lopez is the type of troop that all NCOs look for. She's smart, professional and works hard. These characteristics are often not found in such a young troop. Airman Lopez epitomizes followership. I am glad to have her on my team," said Master Sgt. Charles Kimble.

Top pool player Jeanette Lee racks 'em up at Yokota club

Professional pool player Jeanette Lee instructs Michelle Mcgrath and other servicemembers and civilians on how to shoot pool at the Enlisted Club on Yokota Air Base, Japan, on a recent Saturday. (Stars & Stripes photos/Christopher Stoltz)



By Vince Little

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The Black Widow turned up on a recent Saturday night at the Yokota Air Base, Japan, Enlisted Club.

Jeanette Lee, the former top-ranked women's pool player who remains one of the biggest stars on the Women's Professional Billiard Association tour, made an appearance in the ballroom to visit troops, show off her bag of trick shots and compete against community members. She also brought along plenty of charm, bantering with the crowd, posing for photos and signing autographs.

A friend gave Ms. Lee her famous nickname years ago in an old pool hall, noting how her sweet demeanor suddenly changed whenever she got on the table and devoured opponents. She also wears only black during tournaments.

The Black Widow was diagnosed with scoliosis at 13 and doctors implanted a steel rod in her spine, which she still has today. She's had nine surgeries

to correct back, spinal, shoulder and neck problems

"I'm a physical mess," she told the audience, "but that's all right. I love what I do. I still love pool. ... We'll have a good time tonight."

Ms. Lee turned pro at age 21 and became the No. 1 women's player in the world two years later, holding that spot from 1994-96.

At Yokota, she started off with a spectacular variety of trick shots and jumps, bouncing the cue ball over pool sticks and wooden racks to find the pocket. She also performed an instructional routine, exhibiting the sport's proper mechanics.

"You want to work on perfect form so we can start isolating errors and improving our games," said the 35-year-old pool professional.

About a dozen local players signed up in advance for an opportunity to face The Black Widow on the table.

"Where are my victims?" she asked playfully. "Let's rack 'em. I need a victim, I mean, an opponent."

One by one, they stepped up, only to be dispatched quickly in 9-ball matchups - usually after getting only one chance with the pool stick.

Airman Brandon Newman of the 374th Logistics Readiness Squadron was the first to get more than one turn, even though he too fell victim.

"Three shots, oh yeah," he said afterward. "And I messed all of 'em up. ... Just the opportunity to play against The Black Widow herself was exhilarating. I knew I was probably going to lose but that comes with the territory of playing a pro like her. I had butterflies on the break. I was pretty much shaking in my pants. I just didn't want everybody to see it. ... She plays pool like no other."

Still, Ms. Lee almost got more than she bargained for when she went up against J.B. LaRoche, the Yokota Enlisted Club's bingo manager. After breaking, he went on an impressive six-ball run, with a decent shot at the win.

Continued on next page

Black Widow entertains Yokota pool crowd

continued from page 34

"Seriously now, this is my table," she told him, draping her flowing hair into his face, shielding his look at the 7-ball.

The ploy worked. He missed and she went on to finish it out.

"I wish I could do that in tournaments," she told the crowd. "I'd be golden. Fortunately, I have no shame."

Mr. LaRoche took it in jest.

"I had her," he said. "The rest of the table setup was easy. She blocked my view. I was gonna get her. Everybody knew I was gonna get her. But she didn't want to look bad. That's OK. It's all cool."

In a later game, Ms. Lee intentionally missed the 9-ball in a corner, only to bank it around off three cushions and drop it in the side pocket. "Sometimes, I'm mean that way," she quipped.

Ms. Lee packed Misawa Air Base's Tohoku Enlisted Club on an earlier Friday night and headed to Camp Zama's community club after departing Yokota as part of her Japan tour, sponsored by Armed Forces Entertainment.



Jeanette Lee watches as Staff Sgt. Peter Glassberg lines up a shot.



Staff Sgt. Antonio Washington (U.S. Air Force photo/Senior Airman Olufemi Owolabi)



Staff Sgt. Antonio Washington

N C O I C ,
Laughlin Honor Guard

47th Mission Support Group

Hometown: Clarksdale, Miss.

Family: Wife, Tamarro, seven-year-old daughter, Takasia, and 10-month-old son, Hasani

Time at Laughlin: Three years, 7 months

Time in service: 9 years, 10 months

Bad habit: Not knowing when I have enough on my plate

Greatest accomplishment: I recently finished the last course for my CCAF, and I'm currently seven courses away from my bachelors.

Hobby: Golfing, singing, hanging with my family

Favorite movies: "National Treasure," "Kingdom of Heaven," and a few kids' cartoons I don't care to name

If you could spend one hour with any person, who would it be and why?: My wife, because work has been keeping me busy, and I feel like I've been neglecting her. Our third anniversary was recently. So if I haven't told you lately, I love you, Baby.

"Sergeant Washington is always the first to volunteer and to go above and beyond the call of duty; he is the epitome of a true NCO. His efforts are the foundation of such an outstanding Honor Guard Program and he serves as a model for future Honor Guard members."

— Tech. Sgt. Dalhia Wise, 47th Services Division



Hannah Wheeler shows off her new iPod. (U.S. Air Force photo/File)

Izmir youth wins USAFE bookmark first prize

By Tech. Sgt. J. LaVoie
Izmir Air Base, Turkey, Public Affairs

For the second year in a row, a local Izmir youth won the grand prize in the USAFE bookmark contest.

Hannah Wheeler, 15, won an iPod shuffle for her drawing inspiring others to read.

"Since I was little, I've loved art," said Ms. Wheeler. "I draw people better than things, so I thought if I drew what I was accustomed to, it would be easier."

Though she took the top prize last year, the announcement wasn't expected.

"I was surprised I won grand prize," she said. "I thought maybe in an age group, but not grand prize."

Whiteman welcomes new club manager

Whiteman Air Force Base, Mo., welcomes the new club manager, **Karen O'Camb**.

Ms. O'Camb recently took over the management of the club and is working hard to increase programming with some great ideas. Look out for live bands, family game nights and the monthly theme nights. Her hope is that members will become increasingly active in the club programming.



(U.S. Air Force photo/File)

Lend-Lease flag raising

1st Lt. Abby Koehler, member of the Eielson Air Force Base, Alaska, Honor Guard, straightens the American flag while it is being raised during the United States national anthem. The Eielson honor guard represented the Air Force during the recent Alaska-Siberia Lend-Lease Memorial ceremony at Fairbanks. (U.S. Air Force photo/Senior Airman Justin Weaver)





Susan McIntosh-Oldaker (U.S. Air Force photo/File)

By Beth Young
Hill Air Force Base, Utah, Public Affairs

Hill member receives AF Volunteer Excellence Award

absolute dedication and persistent endeavors toward making Hill youth sports one of the best in the Air Force," said Garry Navas, Youth Sports program manager.

Mr. Navas said that Mrs. McIntosh-Oldaker is a certified National Alliance of Youth Sports Coach and has logged more than 300 hours of volunteer time – more than four times any other coach.

"Through her work, Hill youth sports is truly able to make a greater difference in the lives of our youth, families and community," Mr. Navas said. "Without her, and people like her, these programs would not exist."

Being a mother of six, time is a precious commodity for Mrs. McIntosh-Oldaker. Depending on the sport, volunteering with youth sports allows her to spend time with her children, but mostly she says it's just a good time.

"It's fun all the way around," Mrs. McIntosh-Oldaker said.

"Teaching the children, watching them accomplish and have a good time. It comes back to you. The most important part of a sport is not the winning or losing, but teaching them to have a fun. When they have a good time that is reward enough."

Although she says that volunteering is a reward in itself, Mrs. McIntosh-Oldaker said she was honored, and shocked, by the award. She encourages others to reap the benefits and volunteer.

"If you love a sport come out, volunteer and teach what you know," she said. "It's rewarding and the base needs it." Between uniform fittings, scheduling games and conducting practices, Mrs. McIntosh-Oldaker also finds time to volunteer at Hill Field Elementary.

"This volunteer's dedicated service exemplifies the power of what volunteers can accomplish in our Air Force community," Mr. Navas said.

Without the generosity of volunteers, Hill Air Force Base, Utah, would not be able provide many of its quality of life programs.

Each year the Air Force honors these people who donate thousands of hours that make the base a better place.

Susan McIntosh-Oldaker is this year's recipient of the Air Force Volunteer Excellence Award. The VEA is intended to recognize exceptional long-term community support and not a single act or achievement. Further, it's intended to honor support of community activities.

With more than eight years of volunteering for Hill's youth sports, Mrs. McIntosh-Oldaker definitely fits the requirements of this award. She coaches soccer, baseball and this year has completely run the cheerleading program.

"This volunteer is deserving of recognition for her outgoing spirit, personal commitment,

Agency quarterly awards announced

The following individuals were honored recently as Air Force Services Agency winners for July through September 2006:

Company Grade Officer: **Capt. Julio Hernandez**; Senior NCO: **Master Sgt. Kevin Norton**; NCO: **Tech. Sgt. Michael Tracy**; Category I civilian: **Paul Layne**; Category II civilian: **Crispin Luna**; and Category III civilian: **April Howell**.

HAVE YOU HEARD?



SVS folks in the news

Base teen earns two congressional medals

Alana Brunke, a sophomore at North Pulaski High School, Little Rock Air Force Base, Ark., was honored with two Congressional Medals by Congressman Vic Snyder.

Ms. Brunke and her parents, Niki Brunke and retired Tech . Sgt. Alan Brunke, visited Congressman Snyder's office in Little Rock where she received the two awards. Ms. Brunke earned a Bronze and Silver Medal.

Ms. Brunke's adult advisor was Leslie Thompson, Little Rock's Teen Coordinator.

Ms. Brunke was a member of the swim team, president of the youth center's Keystone Club, a member of youth center's Training Responsible Adolescents In Leadership Club, the drama program at her school and other volunteer activities offered by the youth center.



Alana Brunke accepts a Congressional Medal from Congressman Vic Snyder. (U.S. Air Force photo/File)

Minot teen named ACC Youth of Year

Air Combat Command recently named a Minot Air Force Base teen as 2006 Youth of the Year.



Ashley Amireh (U.S. Air Force photo/File)

Eighteen-year-old Ashley Amireh, daughter of retired Chief Master Sgt. Harry and Sandra Cappel, received the award, which recognizes outstanding achievements of youth program members ages 14 to 18, who have demonstrated service to youth centers and communities, achieved academic excellence and made family contributions.

Some of her accomplishments were her involvement in the Above and Beyond Tutoring program, 4-H, the Magic City Campus student council and the Character Counts council. She is the recipient of the Presidential Freedom Scholarship and multiple Youth of the Quarter awards.

Moronese earns youth center's top honor

Angela Moronese, a graduating senior at Air Academy High School, U.S. Air Force Academy, Colorado Springs, Colo., was recently named the Falcon Trail Youth Center, Boys and Girls Club 2006 Youth of the Year.

Cheryl Jensen, youth center director, said, "Angela's always willing to help; she's outgoing, energetic and has a level of maturity beyond her years."

Ms. Moronese serves on the Pikes Peak Youth Council, a member of Junior ROTC, the Civil Air Patrol and the track and cross country teams at AAHS.

She is the daughter of Beth Moronese, a contracting officer at the Academy.



Angela Moronese, left, visits her mother, Beth Moronese, a contracting officer, in her office at the Academy. (U.S. Air Force photo/Jim Lovely)



PROFILES FROM THE FRONTLINES

(U.S. Air Force photos,
interviews/Capt. Willie Rudd)

**Staff Sgt. Richard
Etterling**



Lodging Specialist
506th Expeditionary Services
Squadron
Kirkuk Air Base
Hometown: Clarksville,
Tenn.

Home station: Charleston
Air Force Base, S.C.

Number of times deployed: 4
Deployment goals: Lose
weight, earn college credits,
receive a medal for service,
and improve lodging operations
at Kirkuk.

Best part of this deployment:
Being able to serve my country
and giving Iraq a chance at
freedom.

Hobbies: Sports, fishing,
amusement parks, music,
watching movies, bike riding,
and surfing.

Best military memory: When
my commander called inform-
ing me I had made staff ser-
geant while I was on leave.

Staff Sgt. Carl Dupre Jr.



Lodging Specialist
380th Expeditionary Services
Squadron

Al Dhafra Air Base

Hometown: Opelousas, La.

Home station: MacDill Air
Force Base, Fla.

Number of times deployed: 6
Deployment goals: Learn
from my experiences here! I've
been on a lot of deployments
and I try to take positive things
from each one!

Best part of this
deployment: The Quality
of Life! This deployment site
has so much to offer and the
living arrangements are the
best I've experienced so far!

Hobbies: Working out.

Best military memory: A
TDY to Norway, in support of a
NATO exercise! Norway is
such a beautiful country!

**Staff Sgt. Lindsey
Busbice**



NCOIC, Mortuary Affairs and
NAF Accountant

376th Expeditionary Services
Squadron, Manas Air Base
Hometown: Sacramento,
Calif.

Home station: Moody Air
Force Base, Ga.

Number of times deployed: 7
Deployment goals: My
deployment goals are to do my
job the best I can, become more
physically fit, and make it
home to my son.

Best part of this deployment:
Meeting tons of new people,
learn a new job and experience
a different culture.

Hobbies: Spending time with
my family, decorating my
home, reading magazines, and
lots of shopping.

Best military memory: In
2005, I went to the USAFA to
instruct cadets for the Global
Engagement program. Being
there allowed me to see a
different side of the Air Force
that I had never seen before.

Randolph Showplace Showcase

Tech. Sgt. Bill Bartleson

Unit: Air Force Services Agency

Duty title: NCO in charge logistics management specialist

Hometown: El Paso, Texas

Hobbies: Swimming, basketball and playing video games with my son, attending my daughter's Randolph High School dance team competitions.

Greatest accomplishment: Most importantly my family and also making the Air Force a career.

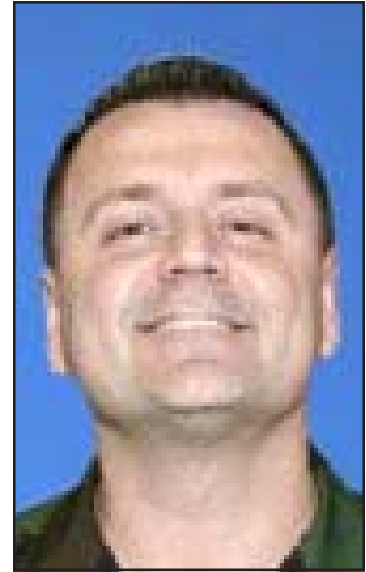
Personal inspiration: My mom and dad for raising me to be the individual I am today. My wife Janet, a breast cancer survivor, because she has shown me what it means to have true faith in our Heavenly Father.

Personal motto: "Be all you can be... I mean aim high!"

Supervisor's comments: "Sergeant Bartleson personifies the ideal Airman. Sergeant Bartleson's exemplary performance earned him recognition as the directorate Noncommissioned Officer of the Quarter three times in the past two years."

— Master Sgt. Mike Arellano

AFSA Information and Communications chief



Tech. Sgt. Bill Bartleson (U.S. Air Force photo/File)

Patrick Shark of the week



Lori Peppers (U.S. Air Force photo/File)

Lori Peppers

45th Services Division Marketing

"Lori is a prolific writer and a marketing genius! She's covered many Wing events (too many to count) such as supporting Guardian Challenge and educating our youth during multicultural Asian Pacific American Heritage events." — Maj. Janice Hance, co-chair, Asian Pacific American Heritage Committee

What is your hometown? Merritt Island

What's your favorite motto or words you live/work by?

Trust in the Lord with all of your heart and lean not on your own understanding; in all your ways acknowledge Him and He will make your path straight (Proverbs 3: 5, 6)

What inspired you to go beyond the call of duty?

I believe in giving more than 100 percent to whatever task that I commit to. If I know of a need and I'm able to help fill that need through gifts that God has blessed me with, I'm there.

Why do you serve in the Air Force?

I feel it is important to support those who have dedicated their lives to defending the freedoms that my family and I enjoy. I am proud to be associated with the military and want to encourage them in their mission.

Luke library staff members soar

By 1st Lt. Kemmemy Esteban
56th Services Squadron

Two members of the Luke Air Force Base, Ariz., library staff were recently awarded F-16 incentive rides in recognition of the outstanding job they do every day, providing "Sizzlin' Customer Service" to the Luke AFB community.

Katie Gillen, library director, had received numerous awards including the Federal Women's Program Woman of the Year and Wing Civilian of the Quarter several times.

Under her supervision, the Luke Library has received outstanding evaluations from the LeMay Team in 2005 and 2006, as well as being named Best Library in AETC four times. Her work with recording memories for the Library of Congress Veterans History Project was recently covered by the local CBS news affiliate.

Erica Reece, library technician, won Wing Civilian of the Quarter for her contributions to the Children's Programming at

the Luke Library. Thanks to Ms. Reece, the library now has four separate Storytime programs, each designed for a different age group.

Babies, toddlers and preschoolers each have their own special library time and there is also a family bedtime storytime for the family to share.

The library has a six week Summer reading program for school aged children and several yearlong reading incentive programs as well. Ms. Gillen and Ms. Reece also work together on a variety of additional programming to help support the Luke community.

Deploying Thunderbolts are invited to the library to make a special "Storybook Video" before they leave so that they can continue sharing books with their children even when they are deployed or TDY.

The library hosts a once-a-month potluck dinner meeting and support forum for homeschooling families in the Luke community as well.



Top photo, Katie Gillen gives the 'thumbs up' sign. (U.S. Air Force photo/Ken Agenbroad). Bottom photo, Erica Reece stands in front of a Luke Air Force Base, Ariz., F-16. (U.S. Air Force photo/Maj. Guy Brilando).

Appreciate this

Manny Pool, lead short order cook for the Patrick Air Force Base, Fla., Riverside Dining Facility entices customers with the aroma of barbecue chicken, steak and hot dogs for Airman Appreciation Day. The event is sponsored once a month to show support for the many dedicated airmen who serve in the Armed Forces. "This is my favorite day of the month," said Mr. Pool. (U.S. Air Force photo/Tech. Sgt. Lisa Luse)



Nellis Airman spends time, bonds with youth



Master Sgt. Robert Berg skips rocks with his daughter, Emily, while chaperoning a Youth-Center-sponsored trip. (U.S. Air Force photos/File)

By Lila Edwards

Nellis Air Force Base, Nev., Public Affairs

Master Sgt. Robert Berg is considered a combination of mentor, hero, Jack-of-all-trades fixer, and just an all-around friend to anyone who comes in contact with him at the Nellis Air Force Base, Nev., Youth Center.

A maintainer assigned to Nellis, and a favorite volunteer of the Youth Center staff, Sergeant Berg spends hours and often days traveling with youths throughout the country on various trips.

"Teaching these young people the value of esprit' de corps; you know ...enthusiasm, devotion and strong regard for the honor of a group ... is an important part of their process

into adulthood," said Sergeant Berg.

His approach as a volunteer is to work directly with the children from beginning to end on projects such as a trip to a cattle ranch outside of Ennis, Mont. Once there, every child was assigned daily tasks on the ranch; some they enjoyed, others not so enjoyable. Also on the agenda were trips to study Native American cultures in the area, an Indian buffalo jump, and history of Montana.

"A lot of these youths, even though they are exposed to the military, have not moved out of their large-city life mentality. Staying on a cattle ranch lets them focus on a completely different way of life. Their growth potential and personal choices may change by that one trip," said Sergeant Berg.

At the Montana ranch, Sergeant Berg also introduced the group to a joint training effort on a Global Positioning System exercise.

"We designed a puzzle that had coded characters on it, hid the puzzle pieces and, utilizing a GPS, located the puzzle

pieces and deciphered them with a code book. This project required teamwork and organizational skills from the group. They learned how to select a leader for the project, reading maps for searching, and organizing the puzzle into a readable device," he said.

More recently he took a group of young people on a sea fishing expedition on the California coast.

"This kind of trip also brings the best out in the kids," he said. "They learn about sea life, boat safety and how to work together as a team. When one of them catches a fish, you see a lot of teamwork and enjoyment coming together at once. It really makes you feel good knowing you are expanding their lives and hopefully helping shape their future."

"I want to encourage other military members to get involved here at the Youth Center," said Sergeant Berg. "It's good for you, good for the young people here, especially if you have one of your own children here. You can make it a family effort. Everybody wins."



Master Sgt. Robert Berg teaches a group of young people how to skip rocks in Utah.

Snapped around Services

Warren supports CFD

Members of the F.E. Warren Air Force Base, Wyo., Honor Guard and the 90th Mission Support Squadron march through downtown Cheyenne in the recent Cheyenne Frontier Days parade. (U.S. Air Force photo/Bernie Ernst)



It's a wonder, woman

DC Comics' Wonder Woman tours USAFE Services as a part of the annual Extreme Summer program. Wonder Woman visited a variety of Services activities, with a stop at each of the Child Development Centers and Youth Programs. Wonder Woman tells these Sembach Air Base, Germany, CDC children how she became a super heroine and legendary crime fighter. (U.S. Air Force photo/File)

'Fangs' for the memories

The Crocodile Hunter may have been internationally famous, but the 431st Services Squadron lodging staff at Sembach Air Base, Germany, has its own celebrity. His name is Eric Haan, but the local children call him "The Snake Man." Recently, Mr. Haan was invited to participate in a library program educating children about snakes. He and his pet snakes were a big hit with the children. (U.S. Air Force photo/File)



Osan hosts swim meet

Article and photo by Tech. Sgt. Michael O'Connor
Osan Air Base, Japan, Public Affairs

The 51st Services Squadron Youth Center Swim Program kicked-off with a quad-meet at the Defender Pool on a recent Saturday with 86 swimmers competing from Osan, Daegu, Yongsan and Camp Humphreys.

These meets allow 6 to 18-year-olds a chance to compete against their peers in the 25 and 50-meter freestyle, breast stroke, back stroke and butterfly, as well as the 100-meter individual medley and the 200-meter medley relays.

"If it wasn't for our four military coaches, Airman Stephanie Mendez, Senior Airman Jonathan Scalise,

Senior Airman Melanie Levitz and Staff Sgt. Amber Hough, plus the many volunteers from the 51st Security Forces Squadron, we wouldn't have this program," said Clifford Carroll, Osan Youth Sports Director.



Juliane Alfieri, 12, daughter of Chris and Kilyon Alfieri, swims in the 50-meter butterfly. Juliane is one of 21 swimmers on the Osan Piranhas Swim Team.

Right photo, cyclists make their way around the Spangdahlem Air Base, Germany, main gate traffic circle at the U.S. Forces in Europe Road Cycling race hosted by the Skelton Memorial Fitness Center. The men's race consisted of five laps around Perimeter Road, totaling 51.5 km. The women's tour was three laps, pedaling nearly 40 km. (U.S. Air Force photos/Senior Airman Eydie Sakura)



Rat race

Left photo, Michelle Rosignol, 52nd Services Squadron Child Development Center program assistant, makes her way to the finish line. She finished fifth in the women's category.

Hurricane repairs continue on Bay Breeze Golf Course

Dirt for the construction of the No. 4 and 7 fairways and No. 4 green at Bay Breeze Golf Course is placed on the Ploesti Drive site by Kevin Parrish, C.E. Carter and Associates of Bay Minette, Ala. (U.S. Air Force photo/Kemberly Groue)



By Master Sgt. Roger Drinnon
Keesler Air Force Base, Miss., Public Affairs

Hurricane Katrina repairs continue on the Bay Breeze Golf Course grounds at Keesler Air Force Base, Miss. When Katrina struck, flooding from the Back Bay of Biloxi caused significant damage to the course and facilities.

"The clubhouse and the cart barn were all under water – anywhere from 2 ½ to 3 feet," said Tama Manu, golf course director. "All of the carts and about 95 percent of the items in the pro shop were damaged."

He said water from Katrina also damaged the course maintenance facility and the equipment inside. The storm-ravaged clubhouse and pro shop have been demolished.

Recently, a contractor delivered dirt to the future site of the No. 4 and 7 fairways and No. 4 green on Ploesti Drive inside the Pass Road Gate.

Sixteen of the 18 holes are open for play at no cost other than cart fees.

"They're about 80 percent complete on the irrigation system," said Mr. Manu. "Around January, we will close the course and turn it over to the contractor, so he can start (restoring) the greens."

All greens will be restored to United States Golf Association standards.

Mr. Manu said soon after Katrina, he worked with other Mississippi Gulf Coast golf organizations to establish "reciprocal benefits" to maximize the availability of golfing

opportunities for current Bay Breeze members.

"We've had an agreement with some golf courses to allow their club benefits for our current members since shortly after the hurricane," he said. "The agreement doesn't allow us to add (new members) to the list, but at the same time we are able to negotiate discounts (for some new members)."

St. Andrews and Gulf Hills in Ocean Springs and the Great Southern Club in Gulfport are participants in the agreement.



Swing, batter, batter

Cooper Greensage, 5, son of Tech. Sgt. Kevin Greensage, 509th Services Squadron Mortuary Affairs, Whiteman Air Force Base, Mo., plays for the Rattlers against the Raptors. Both teams are part of the Youth Center Tee Ball League. This year only two teams were formed due to low participation. The teams play for fun and to learn the fundamentals of the game. (U.S. Air Force photo/Senior Airman Jason Barebo)

Robins introduces new fitness center annex



Base leaders, building contractors cut the ribbon during the opening of the new fitness center annex. (U.S. Air Force photo/Ray Crayton)

By Amanda Creel
Robins Air Force Base, Ga., Public Affairs

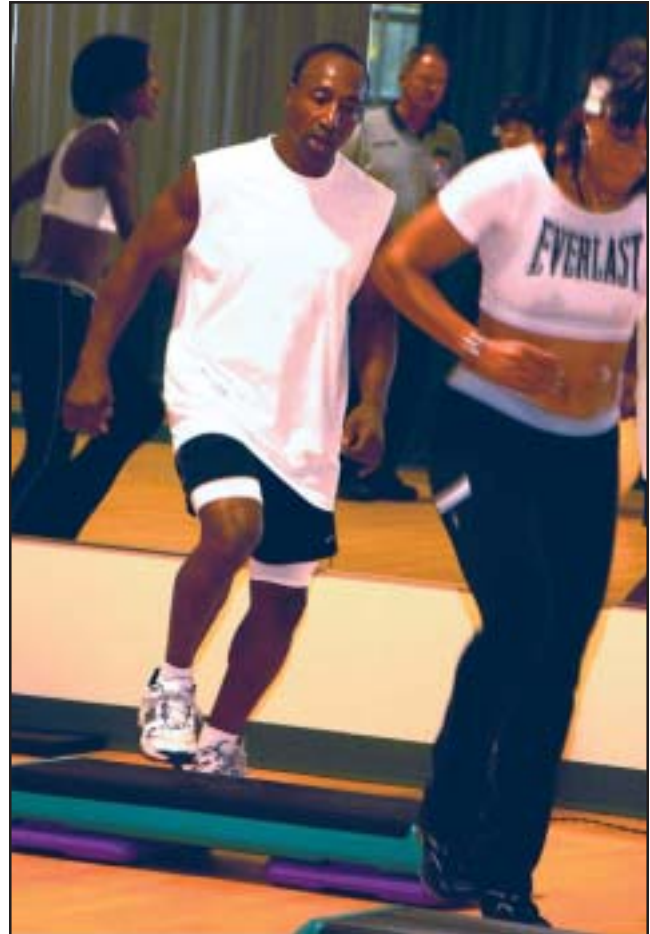
Good news for Department of Defense civilian employees, who double as fitness enthusiasts, the end of waiting lists for on-base fitness centers has arrived.

The grand opening of the Robins Air Force Base, Ga., Fitness Center Annex in Bldg. 301 Bay H also brought with it the end of peak hours when only military personnel were allowed to exercise.

"This facility offers us more space to serve our customers," said John Enterman, Fitness Center director. "Now we can get our civilian work force as fit and ready as our military."

The center is equipped with a basketball and volleyball court, a one-tenth-of-a-mile circular indoor track, men's and women's locker rooms and a juice bar and cardio area.

The cardio area includes 52 machines and a free weight area. Construction and equipping of the fitness annex cost approximately \$2.5 million.



Gina Randall, front; Leonard Aaron, back, and Shurell Lowe, reflected in the mirror, give a demonstration of the aerobics program that the three teach at the Robins Fitness Center. (U.S. Air Force photo/Ray Crayton)

Tech. Sgt. Latrivia Gilbert and Senior Master Sgt. Lisa Henry both of the Air Force Reserve Command, tested out the stair climbers available at the fitness center.

"I'm sweating and I feel like I need a shower," said Sergeant Gilbert who burned 16 calories in less than two minutes on the machine.

The pair was impressed after only spending two minutes each on the Nautilus stair climber.

Continued on next page



Brian Edwards, Nautilus GSA Fitness Corp., demonstrates the brand new Nautilus treadclimber. (U.S. Air Force photo/Ray Crayton)

New fitness center annex brings end to 'civilian waiting lists'

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"I felt it in my hamstrings," said Sergeant Henry after her turn on the machine.

They both agreed that the fitness center was beautiful and equipped with all the ingredients necessary for a great workout.

The 40,000 square foot center offers state-of-the-art equipment with special features such as a fan and joy sticks to control speeds on the treadmills.

"The fan even makes sure that the air doesn't smell like sweat," said Capt. Emilio Ruizsoriano, deputy director of 78th Services Division.

He added, "You can even connect DVD players, I-Pods and whatever else you want."



Duane Simmons, a C-17 mechanic with the 402nd Aircraft Maintenance Group, works to burn some calories with a shoulder press at the fitness center annex. (U.S. Air Force photo/Amanda Creel)



A gift for the green

Lisa Matney, Robins Air Force Base, Ga., Airman and Family Readiness Center, hands over some donated golf equipment to Clay Murray, Pine Oaks Golf Course manager. The golf equipment was provided by community businesses and organizations and was later given away to airmen basic through senior airmen at a free clinic hosted by Pine Oaks. (U.S. Air Force photo/File)

Patrick track coach has youth running for their futures

By Staff Sgt. Patrick Brown
Patrick Air Force Base, Fla., Public Affairs

One high school student threw a rock at another and 21 youth went to college.

Sounds farfetched, but that's what happened when a Melbourne, Fla., high school track coach saw 16-year-old Gary Evans chase down the student who had targeted him and asked young Mr. Evans to try out for the team.

Years later, Coach Evans, now a Manatee Cove Golf Course tractor operator at Patrick Air Force Base, Fla., is still involved with track and field. His love of the sport has helped put hundreds of children on the track for success.

Coach Evans founded the M-Town Track Club in 1992 and has coached local children, many from Patrick, without making a dime. He says his payment is knowing he's had a positive impact on the children's lives.

"My goal is to get the kids off the street," he said. "I want to get them in college and show them there's more to life than what some drug dealer might push on them."

"He puts a lot of effort into what he does," said Dennis Wideman of the Air Force Technical Applications Center. "If some of the kids can't buy the uniforms, he buys them. If they can't get to a meet, he picks them up and drops them off."

Mr. Wideman's 9-year-old son, Nadiri, is a member of the M-Town Track Club.

"(Coach Evans has) had a great impact on his kids," Mr. Wideman said.

To date, 21 of Coach Evans' runners have received track and field scholarships to schools such as the University of Alabama, Vanderbilt and Louisiana State University.

Sports fans may recognize one of his former pupils, Palm Bay native and LSU track star and wide receiver Xavier Carter. At only 20 years old, Mr. Carter made NCAA track history, re-



Coach Gary Evans coaches his daughter, 6-year-old Nadiria Evans (left), 5-year-old Trenton Growins (middle) and his 10-year-old son Tariq Evans in the 100-meter sprint. Since founding the nonprofit M-Town Track Club in 1992, 21 of the coach's athletes have received scholarships to schools such as the University of Alabama, Vanderbilt and Louisiana State University. (U.S. Air Force photo/Field)

cently missing the world record for the 200-meter dash by only three-tenths of a second. He was named 2006 NCAA Division 1 Men's Outdoor Track Athlete of the Year, and he is the only person, other than Olympic legend Jesse Owens, to win four separate events at one NCAA meet.

Coach Evans coached and mentored Mr. Carter from age 11 until he left for LSU with an athletic scholarship. Coach Evans said Mr. Carter still keeps close contact and calls him for advice before every competition.

While Mr. Carter enjoys his success, Coach Evans is still pushing to give his runners as many opportunities as possible. Nine of his 40 runners; five of them from Patrick, including Nadiri, are heading to the 2006 Amateur Athletic Union National Junior Olympics in Hampton Roads, Va. Competition will run Aug 1 to 5. The high expectations for his runners stems from their past performance.

Last year, his team placed first in the Sub-Bantam Boys' National Championships and his

Continued on next page



Out standing

Fence line umpires keep a close eye on the competition during a co-ed softball game at Kirtland Air Force Base, N.M. (U.S. Air Force photo/Lawrence Zankowski)

Track coach helps 21 attend college

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bantam boys team placed second this year with a disappointing disqualification.

"I'd rather take 15 kids that want to learn than 15 all-stars," said Coach Evans. He doesn't compete for the titles or medals.

Coach Evans will also be taking on one of his three children, 7-year-old Tariq, to the competition.

Tariq recently competed in the Primer National Championship, placing first in the long jump, second in the 200-meter dash and third in the 300-dash.

His 6-year-old daughter Nadiria, who qualified for the Junior Olympics but will not be competing, placed second in

the 200-meter dash and 400-meter dash and third in the 100-meter dash in the same competition.

His oldest son, 10-year-old Dontarian, is ranked third in the nation for his time in the four-by-100-meter relay.

His wife, Stephanie, holds 10-year-old records at Palm Bay high school in the 200-meter dash, 400-meter dash, triple jump and long jump.

Coach Evans has several first-place finishes on his record and holds the 100 meter record at Melbourne High School. He said he recently retired from competition so he can focus on his students and children. The focus will also be

on his new job as a junior assistant track coach at LSU, a position he will fill this year.

"It was a real honor to be offered that position," he said.

Though the founder of M-Town Track Club is leaving, the club will continue under the leadership of Pete King, the 45th Services Division food programs officer, who is the assistant coach now.

Along with its founder, M-Town Track Club will also be moving upward soon. Xavier Carter, along with Nike, will sponsor the club.

"The kids have made a name for the club," Coach Carter said. "I started it, but they're the ones out there running."

Stubbs still hoofing it at 44

By Ann Patton

U.S. Air Force Academy, Colo., Public Affairs

Happy trails and 44th birthday, Stubbs.

His blue roan coat has faded mostly to white, and his gait's a little slower, but age hasn't stopped the much-loved equine senior citizen from squiring riders on the trails around the U.S. Air Force Academy Equestrian Center.

Young people at the Falcon Trail Youth Center honored Stubbs with a community bash recently recognizing his remarkable longevity.

"It sounded like a fun idea," Jann Thomas, assistant center director, said.

The youth, who usually number about 100 per day at the youth center, also did the horse's share of the party's preparation and hosting, including making hats and cake, with a special hat and cake of hay and grain for the guest of honor. Teens painted faces, and guests enjoyed sack

racers, a water balloon toss, cup stacking and a bounce house shaped like a birthday cake.

Each child attending also received a coupon for a free one-hour trail ride at the equestrian center when accompanied by a paying adult.

Stubbs was previously honored with a party on his 40th birthday in 2002 and received a medal as Air Force Academy Horse of the Year for his meritorious service.

An average horse, if well taken care of, should live well into its 20s. Less often a horse lives into its 30s. A horse 44 years old is rare. By no means is Stubbs decrepit at 44. He firmly holds his own with riders and other horses.

"I've seen him move pretty good," said Paul Simmons, equestrian center attendant. "It depends on his mood."

"We never have to wait on him," Billy Jack Barrett, center director, said of Stubbs' life on the trail. "He's not fast but he's pretty steady."

The staff has lightened Stubbs' load a bit by pairing him with children instead of fullgrown riders. He seems to relish that responsibility.

"He's real good at hanging out with the kids. Maybe that's why he's lived so long," riding instructor Debbie Dupont said. Stubbs also enjoys occasional special duty giving rides to children with the Make-A-Wish Foundation.

Stubbs was the last horse Mr. Barrett purchased when he was a horse buyer for the Army



Stubbs shows off his birthday hat to Emily Gregerson, 4, after a morning on the trail. (U.S. Air Force photo/Ann Patton)

Cavalry. When the Cavalry disbanded, Stubbs, then 6, joined the Air Force. Mr. Barrett and he have been on the Academy ever since.

Except for routine check-ups and immunizations, Stubbs has never seen a veterinarian. It's no surprise to Mr. Barrett, who credits good care for all of the center's horses.

"We are very protective of our horses," he said. "They have a mission like everybody else."

All receive a diet of quality grain, hay, grass and what Mr. Barrett calls "fresh Colorado water." The staff takes great pains with routine maintenance, such as care to hooves and teeth.

Mr. Barrett said another secret to Stubbs' long, healthy life is probably his ancestors — the fine, sturdy Appaloosas raised by the Nez Perce Native Americans who sold the Cavalry some of its first horses.



Stubbs takes a bite of his birthday cake, made of carrots and other horsey goodies. (U.S. Air Force photo/James Lovely)



Campers climb one of the obstacle courses at Operation Purple Camp. More than 70 children with at least one deployed parent attended the camp. (U.S. Air Force photo/File)

By Tyler Hemstreet
McChord Air Force Base, Wash., Public Affairs

As the CH-47 Chinook helicopter touched down in the midst of a whirlwind of dust and debris, the rear door opened and four Army Reservists wearing full military garb and holding rubber weapons stormed out to greet the children.

"It got them going," said Gabe Laramie, Operation Purple Camp counselor from the 62nd Services Squadron at McChord Air Force Base, Wash., of the roaring introduction campers received.

After the initial shock of the surprise landing faded, campers got the opportunity to talk to the Reservists, tour the helicopter and talk to the pilots.

It was all a part of Operation Purple Camp Washington, a

Operation Purple Camp Washington a hit with kids

six-day camp for children at the Navy's Jim Creek Wilderness Recreation Area near Arlington, Wash.

Seventy-four children of military members from each branch of the military in the state attended the camp. The camp was open to children entering seventh to 12th grade who had one parent deployed or orders to be deployed before March 2007.

According to the National Military Family Association, which sponsors Operation Purple Camp, the goal of the free summer camps is to bring together children who are experiencing the stress that goes along with having a deployed parent.

"A number of kids said it was the best camp they had attended," said Con Fisher, the 62nd Services Squadron youth center director who also served as Operation Purple Camp's director.

The camp offered hiking, canoeing, kayaking and mountain biking. Mr. Fisher said it was also the only Operation Purple Camp in the organization's 26 different state locations to offer white water rafting.

In addition to all the outdoor and team building activities, the camp also provided chances for children to share their experiences with deployment and hear from special guest speakers.

"I think the biggest thing for the kids was for them to be in a tent with other kids going through the same thing," Mr. Laramie said. "They helped each other a lot."

There were also two health care professionals on the campgrounds.

Despite the success of this year's camp, Mr. Fisher said he's already thinking of ways to improve the camp for next year.



Operation Purple Camp participants check out the inside of a CH-47 Chinook helicopter.

Randolph shows 'Senior strength'

By Staff Sgt. Lindsey Maurice
Randolph Air Force Base, Texas, Public Affairs

To help Randolph Air Force Base, Texas, seniors increase and maintain strength, flexibility and overall fitness, the base fitness center offers a senior strength training class Tuesdays from 10-11 a.m. in the aerobics room.

"Many of the problems that come with aging are due to loss of strength and muscle mass, which can be regained and maintained in these classes," said Refia Grant, base fitness program coordinator.

Since its start in July, the classes have been full, ranging from 25-30 students per class.

"I was surprised to see how many seniors were interested in strength training," said Ms. Grant. "Based on their feedback, I felt it was necessary to offer an ongoing class specifically designed for them."

"We've been getting great feedback ever since," she said. "This is something our seniors have been wanting for."

During the class, students learn how to use tubing, weights and low impact aerobics to increase their strength, muscle mass and bone density.

"I go through a variety of exercise routines to get them moving," said Regina Barak, senior strength

training class instructor. "Our main focus is gaining strength, balance, flexibility and just overall functional fitness."

Brenda Baldwin, a fitness center patron who recently underwent knee replacement surgery, attended her first class recently.

"I think the class is really going to help in my recovery," she said.

Retired Chief Master Sgt. Steve Turney, a recovering cancer patient, said he also enjoys the class.

"This is a good way for me to regain the strength I lost during treatment," he said.

"This is a great class and I'm very happy to see our seniors are taking full advantage of it," she said. "I encourage anyone who hasn't tried it yet to check it out."



Retired Chief Master Sgt. Steve Turney participates in the seniors' strength training class at the fitness center.



Regina Barak (right), base fitness center instructor, leads the senior strength training class recently. (U.S. Air Force photos/Staff Sgt. Lindsey Maurice)

Andrews West Fitness Center gets mega facelift

By Dawn Miller
316th Services

The West Fitness Center at Andrews Air Force Base, Md., recently held a grand re-opening ceremony with more than 3,500 people in attendance.



From left, Louis Campbell, 316th Contracting Squadron; Col. Linda Thomas, 316th Mission Support Group commander; Matt Calvin, representing the main contractor All Cities Enterprises; Lt. Col. Brian Duffy (hidden), 316th Civil Engineer Squadron commander; Joe Walters, 316th Services Squadron; Chuck Rose, Fitness Center director; and Col. Paul Ackerley, 316th Wing commander, symbolically cut the grand opening ribbon. (U.S. Air Force photos/File)



From left, Col. Linda Thomas, 316th Mission Support Group commander; Capt. Sarah Bruno, 316th Services Squadron Combat Support Flight commander; and Toni Koppen, 316th MSG deputy, give a thumbs-up that the renovation and preparation is finally complete.

The long-awaited event featured a ribbon cutting ceremony, followed by an all-day Fitness Fair that hosted base agencies, vendors and several major companies including Strive Fitness Company, GNC, Under Armour, JVC Audio, Adidas and XYIENCE, all with strong support of the local AAFES partners.

Participants had a chance to tour the "new" facility, visit health and fitness information booths, and take part in many special activities. Among the special guests was Bill Kazmaier, former "World's Strongest Man," who signed autographs and demonstrated the latest in the state-of-the-art Strive equipment. AAFES also brought out Joe Stevenson, a popular member of the Ultimate Fighting Champions.

The renovation, which cost \$820,000, began October 2005 and was completed three months ahead of schedule.

According to Col. Linda Thomas, 316th Mission Support Group commander, "Customers that visit our newly renovated Fitness Center are amazed at the new look."

There is a more professionally designed equipment layout, a state-of-the-art cardio theater with transmitters to each piece of cardio equipment, refurbished aerobics and spinning rooms, new artwork, furniture and paint, and separate weight rooms (one for machines and one for free weights). Other additions include specialized flooring with the Air Force logo and a more customer-friendly front desk that allows our staff to interact constantly with customers.



From left, Master Sgt. Darryl Brown, Fitness Programs director, weighs Staff Sgt. Greg Heard, while Capt. Halima Muhammad-Whitehead, Spin instructor, looks on.

Donated youth ballfield officially named

Mark Grace, former Arizona Diamondback, throws out the first pitch to Cody Ramsey, 11, son of Staff Sgt. Rory Beratto, 56th Civil Engineer Squadron, during the dedication ceremony at the recently completed ball field across the street from the 56th Services Squadron Youth Center. The ball field was officially named Mark Grace Thunderbolt Field. In attendance was Brig. Gen. Tom Jones, 56th Fighter Wing commander and Arizona Gov. Janet Napolitano. (U.S. Air Force photos/Senior Airman Chris Hummel)



By Staff Sgt. Robert Zoellner
Luke Air Force Base, Ariz., Public Affairs

The recently built youth ball field located across the street from the 56th Services

Squadron Youth Center at Luke Air Force Base, Ariz., was officially named recently in a dedication ceremony attended by more than 100 people.

The Mark Grace Thunderbolt Field was officially christened by Arizona Gov. Janet Napolitano as she stated, "I could think of no better place for this elegant field than Luke Air Force Base. Your dedication and service and efforts for this country are something we all appreciate and will always appreciate."

The evening event kicked off with an autograph session by Mark Grace inside the youth center. The line to meet the former Arizona Diamondbacks first baseman extended out the door of the youth center and took nearly an hour and a half to complete.

After the autographs, everyone moved out to the field for the official dedication, where Brig. Gen. Tom Jones, 56th Fighter Wing commander, thanked Mark Grace and everyone involved in donating the funds to build the ballfield.

"I am plenty biased," the general said. "But to me there are no two things more patriotic than the sound of jets flying overhead and the joy of baseball."

Having grown up around the military, Mark Grace understands what families go through and what they face.

"Coming from a military family, I appreciate and understand the hardships of moving around so much and all over the world," said Mr. Grace. "The military families will always come and go, but this ballfield will always be here for them; that's important to me."

The ceremony ended with the placement of the bases and Mr. Grace throwing out the first pitch.

"This is just a clear example of the cooperative effort between Luke Air Force Base and

Luke ballfield named after Mark Grace

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the Phoenix area," said Lt. Col. Dane Matthew, 56th SVS commander. "It's a clear win for quality of life and a win for our youth here as recipients of this generous \$300,000 ball field."

The Arizona Diamondbacks Foundation, Arizona Public Service and Mark Grace all contributed to the Mark Grace Thunderbolt Field. Summit Builders donated their labor and time to the field construction.



Deshawn Russell, left, son of Staff Sgt. Garry Russell, 56th Civil Engineer Squadron, and Marques Reese, right, son of Staff Sgt. Loraine Reese, 56th Dental Squadron, presented Mark Grace a picture of the layout of the ball field signed by members of the Luke youth baseball league.

Youth Sports gets BGCA, NFL Grant

Boys & Girls Clubs of America has teamed with the National Football League and the NFL Players Association to provide youth an opportunity to participate in recreational initiatives that develop leadership skills and build teamwork.

Through the NFL Youth Football Fund, a charitable foundation created by the NFL and the NFLPA, Ramstein Air Base, Germany, Youth Sports is one of 200 worldwide selected to receive a \$2,500 grant to expand their flag football program for area girls and boys.

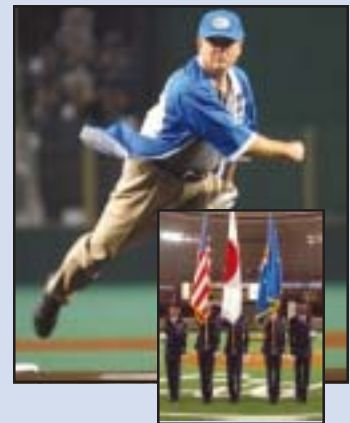
While sports are the hook to get man youngsters into Boys & Girls Club, they are not the only lessons learned.

"Activities such as football teach character building and leadership skills, as well as how to work with people from diverse backgrounds," said Mark Cobb, 435th Youth Sports

coordinator. "The NFL Youth Football Fund grant will help us in our efforts to teach these life lessons and provide youth with positive and constructive activities to compete with during the summer and after school"

"We have partnered with the Boys & Girls Clubs of America on several worthwhile initiatives over the years," said NFL Senior Director of Youth Football Cedric Jones. "We are pleased to join them in their youth efforts while using our game of football as a positive educational resource for children."

The NFL Youth Football Fund was created in 1998 by the NFL and the NFL Players Association as a non-profit foundation to use football as a catalyst to promote positive youth development.



Take me out to the ball game at Yokota Day

Col. Lee Wyatt, 374th Mission Support Group commander, throws out the first pitch at a Seibu Lions game. The Lions had a 6-2 victory against the Fukuoka Softbank Hawks. Yokota Air Base, Japan, community members were invited to attend at reduced ticket prices for Yokota Day, hosted by the Seibu Lions and partnered with 374th Services Division. Inset, Yokota's Honor Guard present the colors for the opening ceremony at the Seibu Invoice Dome. (U.S. Air Force photos/Mark Allen)

Snapped around Services



Let 'er roll!

Staff Sgt. Patrick King, 8th Maintenance Squadron, bowls away during the Kunsan Air Base, Japan, Yellow Sea Bowling Center's free unit bowling. Free unit bowling is offered every Friday afternoon. (U.S. Air Force photo/Staff Sgt. Josef Cole)



Finishing touches

Luis Luques, a contractor, finishes up the new landscaping at the over-flow parking lot at the Pope Air Force Base, N.C., Fitness Center. (U.S. Air Force photo/Master Sgt. Virgil McGee)



Arctic archer

Jamila Stevens shoots an arrow as Bill Holzmer (left) and Sheila Wilson cheer her on. The Elmendorf Air Force Base, Alaska, Youth Center sponsored an archery camp recently at the Youth Center baseball field. (U.S. Air Force photo/Airman 1st Class De-Juan Haley)